Prince Edward Island

Student Drug Survey

1990

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Special thanks is given for the role played by the five P.E.I. School Board Superintendants and School Boards, participating School Board Principals, teachers and students whose cooperation made this survey possible.

INTRODUCTION

The fourth survey to examine drug use among Prince Edward Island students was conducted in May, 1990. This report is a detailed breakdown of the findings of this survey. The major focus of this survey is to determine the incidence and pattern of drug use among grades seven to twelve students on P.E.I. and to compare the findings with the previous studies. The purpose is to provide solid data from which discussion may be held among various elements of the community, which previous to these studies have had to rely on anecdotal estimates of drug use and drug use patterns among adolescents on P.E.I.

Adolescent drug use has been an area of major concern for almost twenty-five years. It is referred to colloquially by the community as the "drug problem". The public has been alternately fearful and complacent about the extent of this problem, its influence on young people generally and their own children in particular. The rise or fall in the popularity of particular drugs is very susceptible to change in the adolescent population, and consequently related problems occur for these adolescents, their families, government agencies, the education system, and in fact the entire social structure. Therefore it is important, periodically, to get an accurate picture of adolescent drug use so that informed public discussion and policy making can take place. It is hoped that this survey report will contribute valuable information on this important topic.

Considerable attention has been focused on alcohol, cannabis, and tobacco both in the survey questionnaire (Appendix A), and in the analysis of the data in this report. This has been done because of the wide usage of chemicals included under these headings in the sample population. For the purpose of this report, alcohol refers to any liquid containing the drug ethanol, namely beer, wine, and spirits including rum, vodka , etc,; cannabis refers to marijuana and hashish in their various forms; tobacco refers to nicotine contained and utilized in cigarettes. It is believed that the public and the professional community is mainly interested in the student's pattern of use of these three chemical forms.

In addition to these three, extra attention is given to the pattern of use of magic mushrooms and oral stimulants because of the significant proportion of students reporting experimentation with these materials in the 1982 survey. Magic mushrooms contain as their major ingredient the hallucinogenic drug psilocybin. This material is available on Prince Edward Island because it grows wild in the coastal regions of Canada. It is harvested mainly in the fall. Oral stimulants include mainly those drugs which are used for weight control such as amphetamines and other diet pills. For the purpose of this survey these can also be considered illegal since none of the students obtain these on prescription.

The initial section of the report provides highlights of what are felt to be the major findings of the survey. These highlights are of necessity written in general terms and are only some of the findings of this survey.

The main body of the report provides a detailed analysis of the data collected and cross-tabulations which have been made with appropriate statistical charts provided. In interpreting these results it must be kept in mind that although this survey was conducted in the schools findings suggesting a problem should not be mistaken for one instigated by or within the education system. Substance use or abuse is a problem in society.

The final section contains a brief discussion of the findings of this report as well as some recommendations based on these findings. These recommendations are obviously not all inclusive and are rather general as their purpose is to promote and facilitate discussion and possible action by the appropriate agencies.

METHOD

Sample

The participants in this survey were 1387 P.E.I. students from grades seven to twelve who completed the 120 item student questionnaire on alcohol and other drug use. This sample represents 12% of students in these grades. A multi-stage cluster sampling technique was used to select the respondents (Freedman, Pisani and Purves 1978). The sampling units were representive classes selected at random from schools within each of the five school units on Prince Edward Island. The number of classes in grades seven through twelve selected within a unit was proportional to the 12% samples described above. For the two smallest school units (Units 1 and 5), each school in the unit was surveyed. For the remaining units, a subset of between three and five schools were selected. The schools in these units were selected to provide a representative sample of urban and rural students. The number of students surveyed at these schools was adjusted to represent the designated proportion of students within the unit. In cases where the designated number of students for a given school fell significantly below the number of students in a single class, the whole class was surveyed and the designated number of surveys was randomly selected.

Questionnaire

The Prince Edward Island Student Alcohol and Psychoactive Drug Use Survey is a modified version of the questionnaire used in a similar P.E.I. study by Killorn (1982) and Killorn (1976). That questionnaire, in turn, represents a modified version of a questionnaire used in Toronto by Smart, Fejer, Smith and White (1975). Modifications involved the clarification or elimination of questions that were felt to be ambiguous or unnecessary, and the addition of questions that were felt to be of current interest or related to local concerns.

In order to facilitate the development of future P.E.I. questionnaires, 212 of the students were asked to answer a questionnaire (Appendix B) about the difficulties when answering the Drug Use questionnaire. Results of this survey indicate that some had difficulty with understanding differences between city, town etc.; what constitutes part time employment; and roman numerals. Words that were most reported as difficult to understand (in order of most reported) were; anonymity, applicable, nauseated, morally and sufficient. As well, some students felt that; parents belong to Alcoholics Anonymous, should be an option for questions regarding parents drinking behavior.

PROCEDURE

Surveyors with expertise in relation to alcohol and drugs administered the questionnaire. In order to increase the reliability and validity of this survey, certain procedures were observed. Following are some of these procedures:

1. Students were not given advance notice of the survey;
2. Teachers were asked to leave the room before the survey began.
3. Students in each class were read a standard set of instuctions (Appendix C), these instructions included the following:

   a. Students were assured of the complete anonymity of their responses by the survey administrator and on the cover of the questionnaire.
   b. Students were instructed not to place any identifying marks, such as their names, on the questionnaire.
   c. Emphasis was given to the importance of answering all questions as honestly as possible.
   d. Students were encouraged to ask for help from the administrators of the survey if they felt any question needed clarification.

4. In order to facilitate understanding, slang names/generic names for drugs were used in the questionnaire when appropriate.
5. Students were given plenty of time to complete the questionnaire. Average time was about twenty-five minutes.
6. Following the completion of the survey, questionnaires were eliminated for students who obviously made errors or lacked interest in completing the questionnaire (2 students) or who checked off that they had used 'Bindro' which is a fictitious drug (23 students). Overall less that two percent of the surveys were rejected due to these reasons.

DATA ANALYSIS

A relatively large sample (12%) of the total student population took part in completing the questionnaire. Less than two percent of the questionnaires were rejected from analysis due to reporting the use of a fictitious drug (Bindro) or obvious disinterest in doing the survey. The large sample, small number of questionnaires rejected and the administration procedures outlined earlier increase the level of confidence on the accuracy of the results given in this report.

All findings contained in this report were examined for statistical significance. Data reliability measures, known as sampling error of the estimate or coefficient of variation (CV), were calculated to determine the reliability of each estimate. The CV is determined by dividing the standard error of each estimate by the estimate itself. Each CV is given as a percentage of the estimate.

In the tables and graphs in this report, data have been published according to the following criteria:

Unqualified-CV less than 16.5% (almost 90% of all the data published had a CV of less than 5%).

Qualified-CV between 16.5% and 33%-Data in this category are marked with an asterisk (*) and should be interpreted cautiously.

Highly Qualified-CV over 33%. These data are highly variable and therefore, not considered reliable. They are marked with a double asterisk (**).

HIGHLIGHTS
STUDENT DRUG USE

-Compared to 1982 alcohol and tobacco users declined at all grade levels except at grade seven where it remained about the same. Cannabis use declined significantly at all grade levels.

-The greatest increases in student alcohol users took place from grades seven to eight and grades nine to ten. Also among student drinkers the greatest increase occurred between these same grade levels for drinking three plus times and getting drunk frequently when drinking.

-The greatest proportional increases in student users of tobacco and cannabis also occurred between Grades seven and eight. However, by far the most significant rise in daily smokers, from 9% to 20% occurred from grade eight to nine.

-Alcohol is still the most popularly reported drug used by students (58%). The proportion of students who drink and frequently drink has gone down since 1982 (67%). However more student drinkers are almost always/always getting drunk when drinking (33%).

-Students reporting cannabis use (11.6%) declined by more than one half since 1982 (24.9%).

-Student tobacco users (40.5%) and especially daily users (14.4%) went down since the last P.E.I. survey (50 % and 24%).

-About 3% of students reported Magic Mushroom use down from 11 % in 1982. Users of oral stimulants remained the same at about seven percent.

-Other drugs surveyed were used by less than five percent of students. Most showed small increases in users, especially L.S.D. and cocaine; since 1982.

-Most students last used alcohol and cannabis with friend(s) and also obtained these drugs from them. There were fewer students, compared to 1982, using either of these drugs on a date and an increase in getting alcohol from parents supply with significantly fewer getting alcohol at a bar or liquor store. Also, 40% of students last used these drugs at a friends home.

-About half as many student drinkers who have a drivers licence have driven within one hour of having two drinks (22%), compared to 1982 (42%). Of student drivers who drink, 10% have done this two or more times.

-The differences between the number of male and female users of alcohol, cannabis, tobacco and magic

mushrooms has narrowed significantly. Only small differences now exist.

-Daily smokers were over twice as likely to be alcohol users and twenty-five times more likely to use cannabis than were non-smokers. About 95 % of daily smokers use alcohol and 51 % use cannabis.

-The more frequently students reported using alcohol, the more likely they were to also be using cannabis. Of those students who were weekly/daily drinkers 52 % also use cannabis compared to less than 1 % of non-drinkers.

-The majority of students who have, in their lifetime, used alcohol, cannabis, magic mushrooms or oral stimulants first did so between the ages of thirteen and fifteen. There was a slight increase of first use of alcohol before age thirteen (26%) compared to 1982 (20%).

-72% of students who have ever used tobacco first did so before age fourteen with 33% first doing so before age twelve.

-Rural students were the least likely to use alcohol, cannabis, tobacco or to get drunk when drinking. City and town students were the most likely to use alcohol and city or village students to use cannabis.

-The higher a students academic average the less likely they are to report drug use. Students with averages in the 60's, compared to those with 90's , are twice as likely to be using alcohol, four times as likely to be using cannabis and twenty times as likely to be daily smokers.

-Students from urban areas or cannabis users are twice as likely as rural students or non-users to report this drug is frequently avaliable.

-The most popularly given reasons for use, for alcohol and cannabis were: makes me feel good and boredom. The majority of tobacco users cited habit as an important reason for using.

-Students were most likely to report lack of interest in the drug as their reason for not using alcohol, cannabis and tobacco. The least reported reason for not using all three drugs was friends dissapproval in contrast to a much higher proportion of users citing friends use as an important reason for using.

-Special school programs (eg. Peer Education, Addiction Services) were the most popularly reported source of useful drug information for all drugs surveyed with the second highest being the media for cannabis and tobacco and family for alcohol. The choice of information from the family was lower in grades seven and eight. More females chose special programs and males the media as their most useful source.

-70% felt that they were recieving sufficient information on drugs compared to 64 % in 1982.

-Students exposed to the Peer Education Program were less likely to report either alcohol or cannabis use.

-20% percieved that their father and 3.5%

that their mother has a mild or severe problem with alcohol.

-Students living with neither parent or mother only, were more likely to report alcohol use and cannabis use, or to be smoking daily.

- Students whose mothers are employed fulltime or whose fathers are homemakers were more likely to report alcohol use, cannabis use and daily tobacco use.

-Almost one half of students are allowed to drink at home on special occasions or special and other times. Student drinkers who are allowed to drink at home tend to drink more frequently (weekly/daily) and are almost three times as likely to be cannabis users.

-As in previous P.E.I. surveys students are twice as likely to be daily smokers if their mother or father smokes. As well if mother or especially father drinks then the student is more likely to drink.

PREVALENCE OF DRUG USE AMONG P.E.I. STUDENTS

This section summarizes the incidence and frequency of drug use in 1990 among P.E.I. Grade Seven to Twelve students. Comparisons are also made between the present survey results and 1972, 1976 and 1982 P.E.I. Student Surveys.

Incidence of Drug Use (Table 1)

Alcohol continues, by far, to be the most popularly used drug among students in 1990 with 58 % reporting drinking at least once in the previous six months. This proportion of drinkers among students, although high, is down significantly (9%) from reported use in the 1982 survey and reverses the trend between the three previous surveys of an increasing percentage of student drinkers. This decline in student drinkers in the 1990 P.E.I. survey is consistent with results reported in most other juristictions in Canada, i.e., Gallup Poll (1986), Ontario (1987), Saskatchewan (1986), Halilfax (1986). In contrast the 1989 New Brunswick survey results indicated no significant change in the percentage of drinkers. It should be noted that since the last survey on P.E.I. in 1982 the legal drinking age was raised from eighteen to nineteen years of age in 1987.

Tobacco was the second most popularly reported drug used with 40.5 % using it at least once in the previous six months . Students reporting tobacco use in 1990 declined significantly compared to the 49.8 % reporting use in 1982 and is also lower than reported in the 1976 and 1972 surveys.

Cannabis (Marijuana, Hashish) was the third most popularly used drug by students at least once in the previous six months. The percentage of students reporting cannabis use in 1990 (11.6%) was significantly lower than in 1982 (24.9%) and 1976 (15.1%). This marked decline in student cannabis users is consistent with survey results in most other areas of Canada and the United States. As well, the percentage of student users in P.E.I. was lower than in most of the above juristictions, however caution must be observed in this interpretation of proportionately fewer users in P.E.I as the criterion to determine being a user was different in P.E.I. than for many of these other studies (last thirty days or year compared to six months).

Magic Mushrooms (psilocybin) users declined significantly in 1990 (3.3%) compared to reported users in 1982 (11 %). It should be noted that both of these surveys were conducted at the same time of the year so the survey timing relative to the fall harvesting season should not be a factor. As well, since the 1982 survey the harvesting and posession of magic mushrooms has become illegal.

Oral Stimulants (amphetamines or other pep and diet pills or speed) use in the previous six months was quite similar in 1990 (7.3 %) compared to 1982 (7.4%). The proportion of reported users was greater in most other areas of Canada but again caution should be exercised as criterion for use differed.

Other drugs surveyed were used by a small proportion of students (5% or less). However small increases in users (except for solvents) occurred for all these drugs (tranquillizers, barbituates, LSD and cocaine) from 1982 to 1990. The most significant of these increases were for LSD (2.7 to 4.8 %) and cocaine (1.8 to 3.6 %). The incidence of cocaine use is similair to or slightly lower than that reported in recent studies in other Canadian juristictions.

Frequency of Use

Daily use of tobacco was reported by 14.4 % of all students in the present survey (Figure 1). These daily users represent about one third (35.5 %) of students reporting some use of tobacco in the previous six months (Figure 2). These results indicate a significant decrease in daily tobacco users from 1982 to 1990 (24.4 to 14.4 %) and in daily users among all student tobacco users (49 to 35.5 %). Frequent alcohol use (weekly/daily) among students dropped significantly in 1990 (7.1 %) from 1982 (15.9 %) (Figure 3). No significant difference occurred between these two surveys among infrequent drinkers. Results of these two surveys thus indicates a significantly smaller proportion of student drinkers using alcohol weekly/daily in 1990 (12.3%) compared to 1982 (23.6%) (Figure 4).

As illustrated in Figure 5 a significant decline in frequent users of cannabis (daily/weekly) has occurred from 1982 to 1990 (4.5 to 1.1 %). This drop in frequent users of cannabis was larger proportionately than the decline in infrequent users from 1982 to 1990 (20.3 to 10.4 %). These results indicate among reported cannabis users, a trend towards smaller proportions of frequent users (Figure 6), consistent with the trends reported earlier for both alcohol and tobacco.

TABLE 1

INCIDENCE OF DRUG USE-TOTAL SAMPLE:GRADES VII TO XII

Percent Using Drug At Least Once In Prior Six Months

DRUG	1972	1976	1982	1990
Alcohol	45.8	64.5	67.3	58.0
Cannabis	9.4	15.1	24.9	11.6
Tobacco	46.5	49.1	49.8	40.5
Solvents	2.3	4.2	3.3	3.5
Tranquilizers	3.9	3.5	2.2	3.4
Barbiturates	2.6	1.4	2.6	3.6
Non-barbiturates Hypnotics	N.A.	2.9	3.2	N.A.
Mescaline	N.A.	2.8	1.2	N.A.
L.S.D.	1.8	1.7	2.7	4.8
P.C.P.	N.A.	N.A.	1.4	N.A.
Magic Mushrooms	N.A.	N.A.	11.0	3.3
Cocaine	N.A.	2.7	1.8	3.6
Stimulants(Oral)	3.8	2.2	7.4	7.3
Stimulants(Needle)	N.A.	0.7	0.8	N.A.

N.A.: Data not collected in survey.

FIGURE 1

Frequency of tobacco use

Total sample

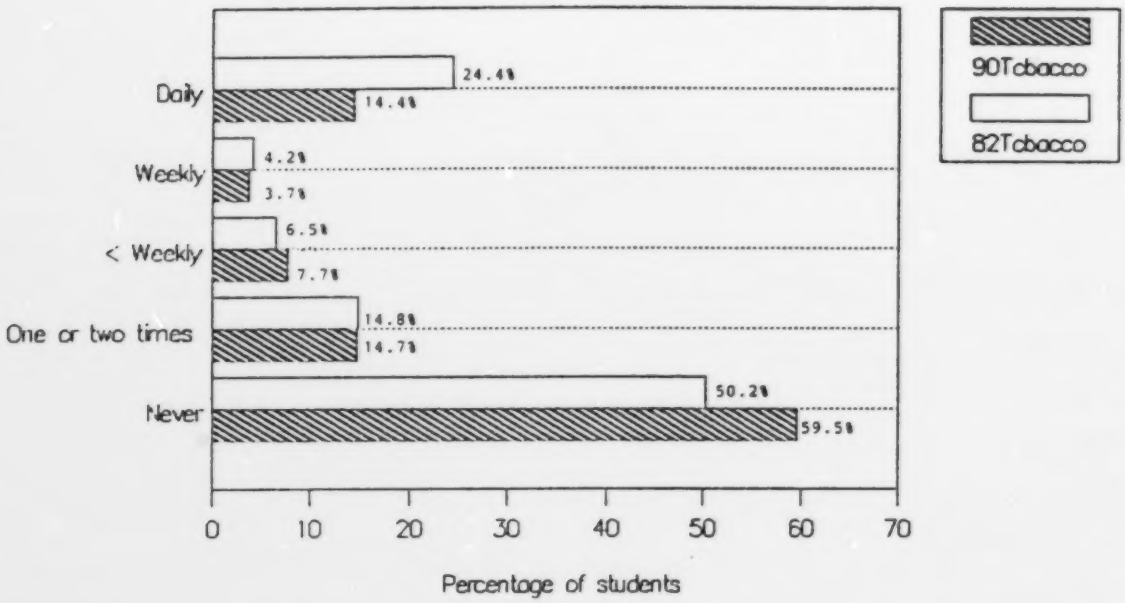


FIGURE 2

Frequency of tobacco use for students reporting tobacco use (%)

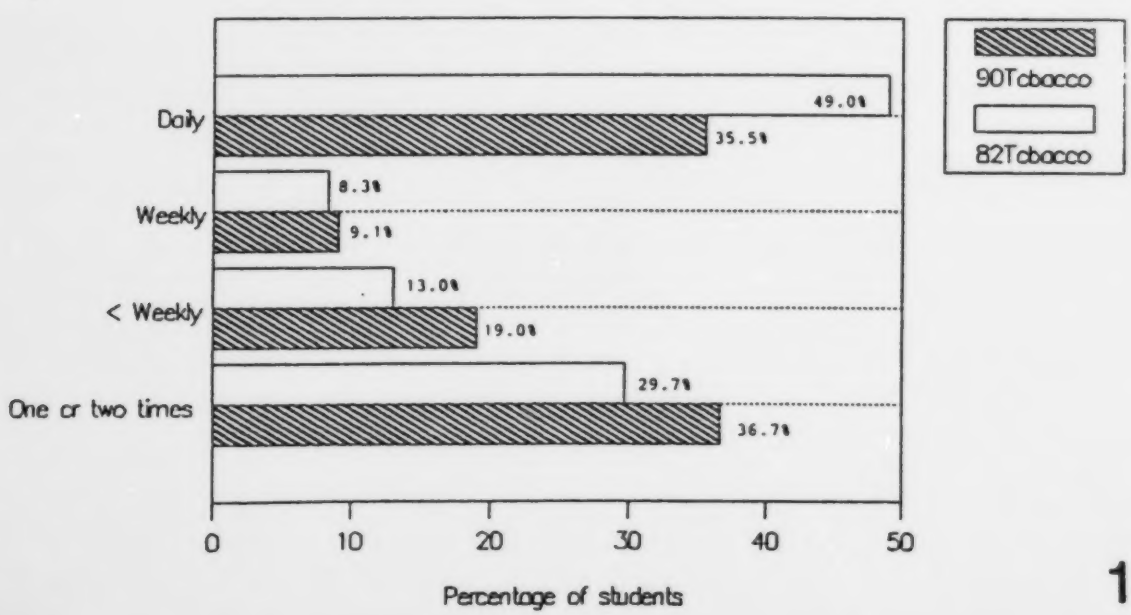


FIGURE 3

Frequency of alcohol use

Total sample

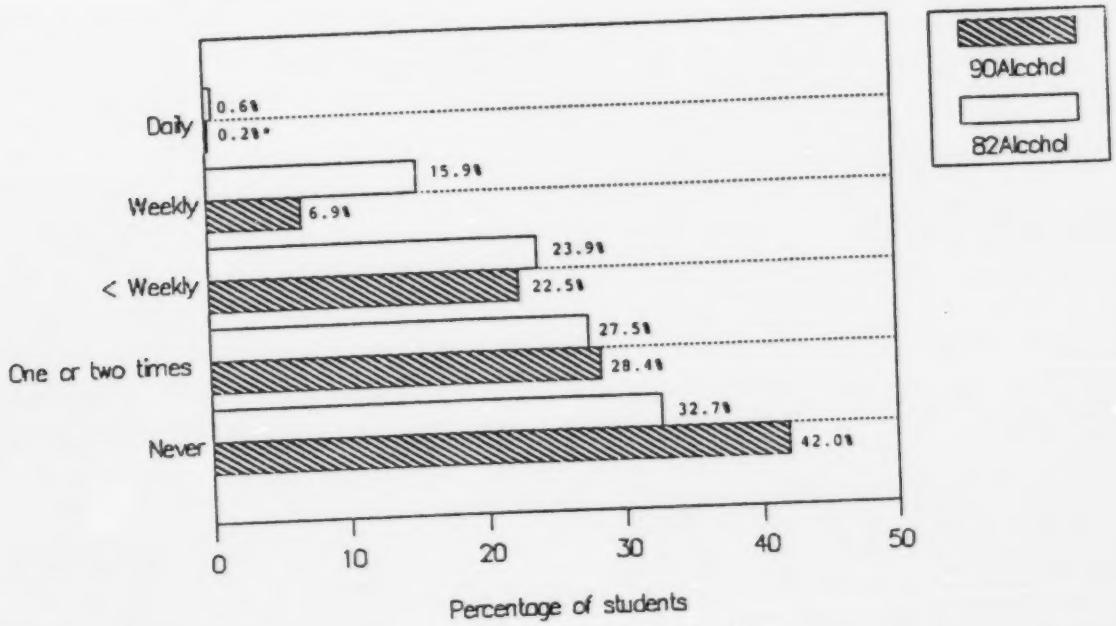


FIGURE 4

Frequency of alcohol use for students reporting alcohol use (%)

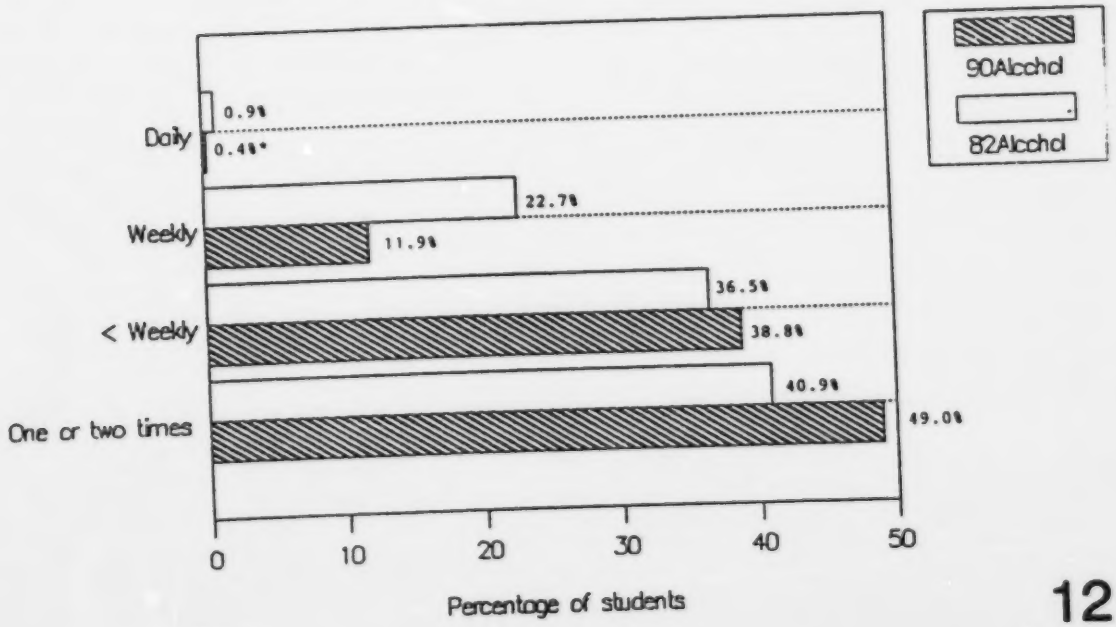


FIGURE 5

Frequency of cannabis use

Total sample

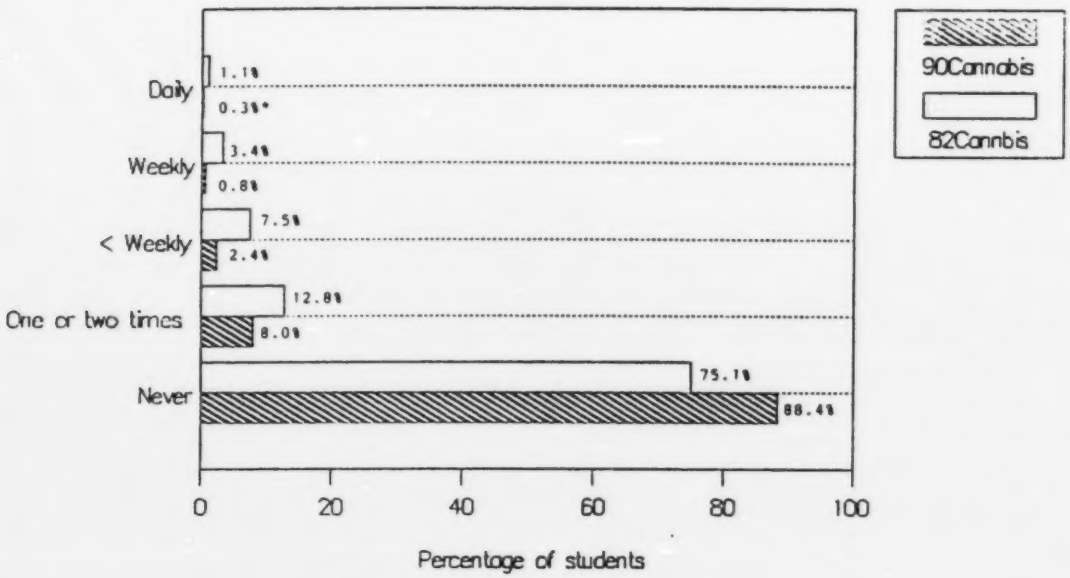
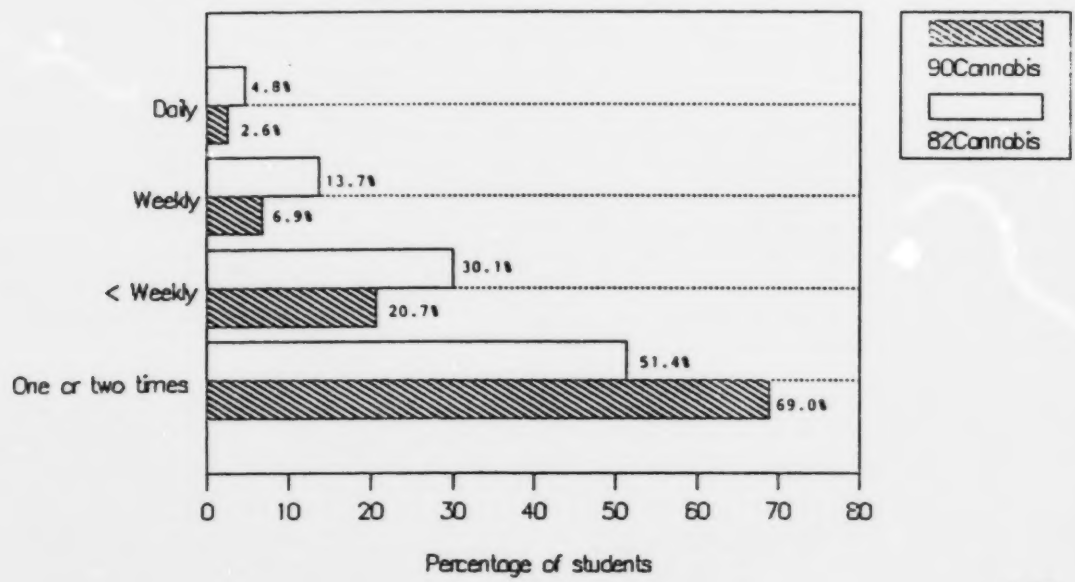


FIGURE 6

Frequency of cannabis use for students reporting cannabis use (%)



Sex Differences

Differences between male and female students use of alcohol, cannabis, tobacco and magic mushrooms in 1990 have declined significantly compared to the last study in 1982 (Table 2). Only small differences now are reported in percentages of males and females using these drugs. Consistent with the overall trend among students the incidence of use by both sexes declined significantly since 1982. Sharper reductions in incidence occurred for males users of alcohol, cannabis and magic mushrooms and for female users of tobacco. In the original P.E.I. survey in 1972 many more males than female students reported using both alcohol and cannabis. The relative proportion of female to male users has narrowed steadily from the 1972 to 1990 survey results to where only small differences now are reported. Slightly more females than males report tobacco use (41.8 to 39.2 %), daily tobacco use (14.8 to 13.6 %), alcohol use (58.7 to 57.2 %), and drinkers getting drunk at least half of the time when drinking (50.6 to 48.8 %). Slightly higher proportions of males than females reported cannabis use (12 to 10.8 %), magic mushrooms use (3.8 to 2.8 %) and using alcohol three or more times (31.4 to 27.9 %).

Poly-Drug Use

The 1990 survey results indicate a strong postitive coorelation betweeen the frequency of students tobacco use and students using alcohol at least once in the past six months (Fiqure 7). Among non users of tobacco 37.4 % are alcohol users whereas 94.8 % of daily tobacco users reported also using alcohol. Daily tobacco users/alcohol users proportion did not differ significantly from the 1982 results, however non-tobacco users /alcohol users decreased significantly from 1982 (47%) to 1990 (37.4%).

Frequency of student tobacco use and using cannabis also has a strong positive correlation in the present study. Student non-users of tobacco report cannabis use in 2.1 % of the cases compared to a dramatic rise to 51.3 % of daily tobacco users reporting cannabis use once in the previous six months (Figure 8). Proportionately, almost twenty-five times as many daily tobacco users also use cannabis than do tobacco non-users. Compared to the 1982 survey results the 1990 student user of cannabis decreased significantly for daily tobacco users (58 to 51.3 %), infrequent-once or twice- (13.8 to 8%) and non users (10.4 to 2.1 %). However, consistent with student tobacco use frequency and alcohol use, the greatest proportional decline in cannabis use was among tobacco non-users.

A high positive coorelation exists as well for student alcohol use and being a cannabis user (Figure 9). Less than one percent (0.4%) of non-drinkers in the past six months reported using cannabis. The proportion of cannabis users rises sharply with increasing frequency of alcohol use from once or twice (6.3 %) , less than weekly (28.1 %), to weekly/daily (51.6 %).

TABLE 2

DRUG USE BY SEX-TOTAL SAMPLE

Percent Using Drug At Least Once In Prior Six Months

Drug Type	Sex	1972	1976	1982	1990
Alcohol	Male	56.0	66.8	69.2	57.2
	Female	36.2	62.7	65.4	58.7
Cannabis	Male	12.7	18.8	27.1	12.4
	Female	6.4	13.6	22.4	10.8
Tobacco	Male	50.7	44.4	44.1	39.2
	Female	42.6	52.2	54.4	41.8
Magic Mushrooms	Male	N.A.	N.A.	14.7	3.8
	Female	N.A.	N.A.	7.9	2.8

N.A.: Data not collected in survey.

FIGURE 7

Frequency of tobacco use and alcohol use incidence

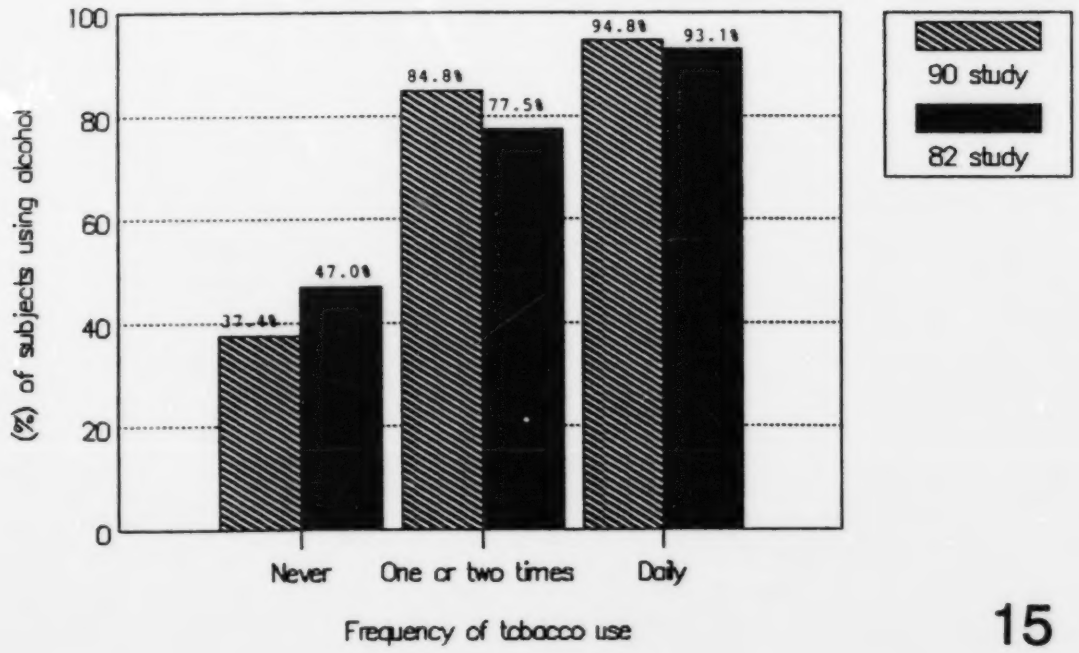


FIGURE 8

Frequency of tobacco use and cannabis use incidence

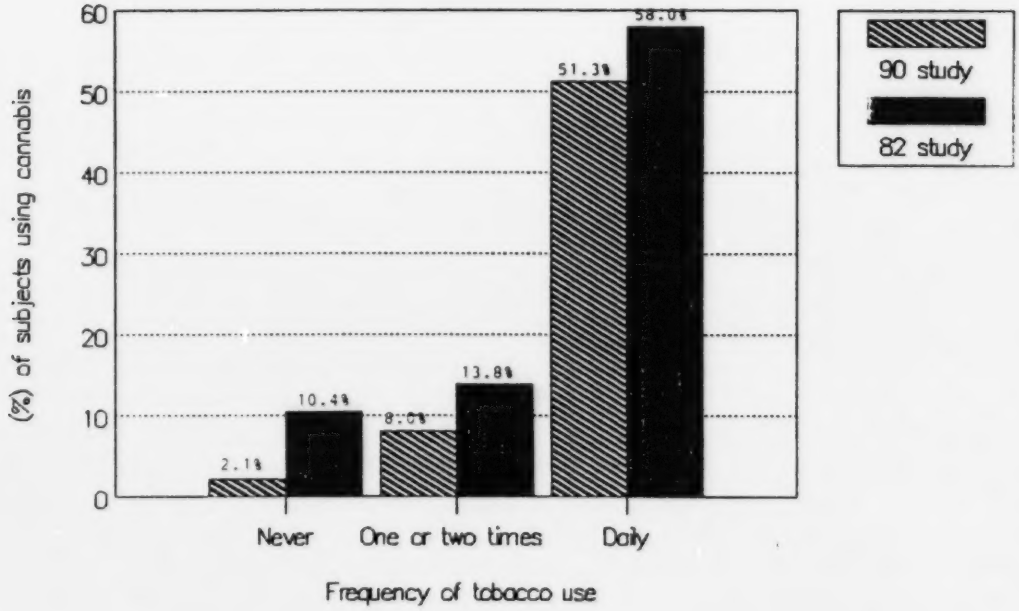
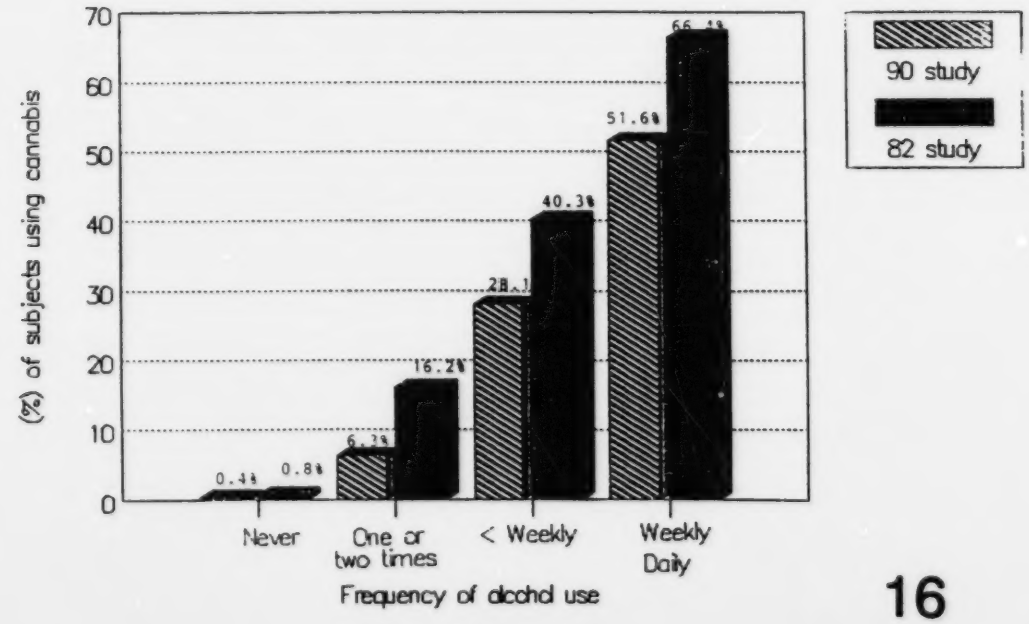


FIGURE 9

Frequency of alcohol use and cannabis use incidence



DEMOGRAPHIC AND SOCIAL CORRELATES OF DRUG USAGE

Since the Toronto Drug Use Study of 1968, researchers have all but abandoned the search for simple, causative factors responsible for drug use. A wide variety of demographic and social variables are at present judged ro be related to drug use, although accurate determination of their causal significance at present is impossible.

The Prince Edward Island studies have adopted two approaches to the study of the influence of the variables on drug use. Method I involves an analysis of a variety of demographic and environmental factors related to the use or non-use of drugs. These environmental factors include the school environment, family environment, and personal experiences.

Method II involves detailed cross-tabulations between demographic and social variables and the use of drugs. It must be remembered, however, that even though information may be obtained on some of the factors relating to drug use, that statements of causality still cannot be made with any degee of accuracy.

Demographic Characteristics

Age

Initial use of most drugs, except tobacco, occurs between the ages of thirteen and fifteen for most of the students who have used those drugs. Table 3 provides data on five of the most commonly used drugs and the age students report first using these drugs.

Using alcohol at least once in their life was reported by 65.7% of students surveyed in 1990 down from 72.2% in 1982. Among this years surveyed students reporting alcohol use, 60% indicated drinking first between ages thirteen and fifteen compared to 65% in 1982. The percentage of initial use before age thirteen rose significantly from 1982 to 1990 (20% to 26%). Thus compared to 1982 a higher proportion of students reporting use are having their first experience with using alcohol at an earlier age.

In 1990 about half as many students (17%) reported using cannabis at least once in

their lifetime as in 1982 (33.4%). A majority (59%) of those who have used cannabis first did so between ages thirteen and fifteen with 8% first using this drug before thirteen. The proportion of cannabis users age of initial use has not changed significantly since 1982.

Both magic mushrooms (7.1%) and oral stimulants (7.8%) were similar in the percentage of students using them at least once in their life. About half of the users of these drugs first did so between ages thirteen and fifteen with approximately 10% first using before thirteen.

Using tobacco at least once in their lifetime was reported by 56.5% of students surveyed this year, down significantly from 67.1% in 1982. In the present survey 72% of those who had used tobacco reported first use as being before age fourteen with 33% first doing so before age twelve (down from 38% in 1982). The only age in which there was a large significant difference in age of first use among all students from 1982 to 1990 was the reduction for students first smoking before age twelve (25.6% to 18.7%).

Grade

Consistent with previous P.E.I. surveys, the incidence of student drinkers (at least once in previous six months) rose at each succeding grade level in 1990 (Table 4). The greatest increase in drinkers occurred from Grade seven (27.8%) to Grade eight (47.4%) and from Grade nine (55.5%) to Grade ten (67.3%). More modest increases of from five to eight percent occurred between other grade levels. This pattern is quite similar to that reported in 1982.

At all grade levels, except Grade seven, there was a significant decrease of between 5% and 9% in student drinkers compared to 1982. Grade seven students had shown the most marked decline from 1976 (40.3%) to 1982 (26.5%) but in this years survey increased slightly to 27.8%. Alcohol drinkers among Grade twelve students was significantly lower in 1990 (78.9%) than in either 1982 (87%) or 1976 (85.1%).

Among drinking students there was an increase in the percentage reporting getting drunk frequently (at least half the time) at each succeeding Grade level except from Grade eleven to Grade twelve(67.4% to 52.7%)(Figure 10). The most dramatic increases in the proportion of student drinkers frequently getting drunk were from Grade seven to eight (18.3% to 39.6%) and Grade nine to ten (44.4% to 60.2%). Also, as indicated in Figure 11, more students drank frequently (three or more times) at succeeding Grade levels. The rates of increase in frequent use between succeeding Grades was higher than the earlier reported increases in incidence of use. Thus the higher the Grade level, the more likely a student drinker is drinking frequently. The most dramatic increase in frequent use among all students occurred between Grades seven and eight (7.1% to 15.8%) and nine and ten (22.5% to 39.6%). Overall among students surveyed in 1990 the greatest increases in incidence of drinking, getting drunk frequently and frequent use

occurred between Grades seven-eight and Grades nine-ten.

The incidence of cannabis use at all grade levels declined significanly from 1982 to 1990 (Table 4). The largest proportional decrease in those reporting use, in the prior six months, were in Grade twelve (37.1% to 15.9%) and Grade ten (28.2% to 11.5%). Similar to 1982 in this years survey the largest proportional increase in users occurred between Grades seven and eight (2.9% to 10.2%). Following Grade eight the percentage of cannabis users was only slightly different in Grades nine and ten. Between Grade ten (11.5%) and Grade eleven (18.5%) another large increase in users occurred followed by a decrease among Grade twelve students to 15.9%.

Student tobacco users, in the previous six months, dropped significantly at all grade levels, except Grade seven, compared to 1982. Comparitively, the largest declines occurred in Grade eight (56.2% to 40.1%) and in Grade ten (56.8% to 41.9%) with tobacco users in other Grade levels dropping from five to nine percent. In Grade seven, which showed the largest reduction in users from 1976 (38.7%) to 1982 (23.9%) there was an increase in incidence in 1990 to 27.8%. Similar to the 1982 survey results the largest increase between Grade levels was from Grade seven to eight (27.8% to 40.1%) with only small increases or decreases in the percentage of tobacco users at succeeding Grade levels after Grade eight.

Some trend differences occur for daily smokers (Figure 12) compared to those reporting use at least once in the past six months. The proportionate increase of daily users between Grade seven (6.8%) and Grade eight (8.8%) is not as dramatic and there is a significantly greater increase among Grade nine daily smokers to 19.8%. In Grade ten (15.2%), eleven (18%) and twelve (18.5%) there are moderate increases or decreases in daily use. Thus a much smaller proportion of students using tobacco in Grades seven and eight are doing so daily compared to later levels.

Home Location

The only consistent overall pattern for home location and drug use incidence is the significantly lower proportion of rural students using alcohol and cannabis. Daily tobacco use is also lower for rural students (Table 5). Among students who drink the proportion getting drunk frequently when drinking increases from rural (40%) to village (51.1%) to town (52.7%) to city (69.4%) students (Figure 13). City and town students had the highest incidence of alcohol use, city and village students highest for cannabis and daily smokers and town and village students highest for magic mushrooms. The above prevalence rates in the present study are somewhat different than reported in 1982 where there was a closer relationship between increasing drug use with increasing urbanicity.

TABLE 3

AGE FIRST USED DRUG (%)

1990 STUDY

DRUG TYPE

AGE	ALCOHOL	CANNABIS	TOBACCO	MAGIC MUSHROOMS	STIMULANTS(ORAL)
Under 12	8.9	0.3 **	18.7	0.4 **	0.3 **
12	8.5	1.1 *	11.9	0.4 **	0.4 **
13	15.2	3.1	10.2	1.1	1.4 *
14	13.5	3.0	6.7	1.5	1.3 *
15	10.4	3.9	4.8	1.1	1.3 *
16	6.3	2.8	2.5	1.3	1.3 *
17	1.7	1.7	0.7 **	0.6 **	0.7 **
18 and over	0.4 *	0.4 **	0.1 **	0 **	0 **
Never	34.3	83.0	43.5	92.9	92.2

TABLE 4

DRUG USE BY GRADE

Percent Using Drug At Least Once In Prior Six Months

DRUG	GRADE LEVEL	1972	1976	1982	1990
Alcohol	7	22.5	40.3	26.5	27.8
	8	35.8	51.6	56.2	47.4
	9	43.2	67.5	61.1	55.5
	10	52.0	71.1	73.2	67.3
	11	56.7	72.9	81.8	73.4
	12	67.7	85.1	87.0	78.9
Cannabis	7	2.5	3.2	5.2	2.9
	8	6.4	4.0	17.1	10.2
	9	7.9	11.5	20.5	12.2
	10	9.5	21.4	28.2	11.5
	11	16.3	24.1	31.2	18.5
	12	14.3	25.4	37.1	15.9
Tobacco	7	31.6	38.7	23.9	27.8
	8	46.2	44.6	56.2	40.1
	9	51.6	58.8	50.9	45.6
	10	44.5	50.4	56.8	41.9
	11	50.4	52.7	49.3	45.5
	12	51.3	50.3	54.0	45.4
Magic Mushrooms	7	N.A.	N.A.	4.3	1.3
	8	N.A.	N.A.	11.9	3.7
	9	N.A.	N.A.	10.6	5.9
	10	N.A.	N.A.	13.3	1.4
	11	N.A.	N.A.	11.9	5.5
	12	N.A.	N.A.	11.8	2.1

N.A.: Data not collected in survey.

FIGURE 10

GOT DRUNK WHEN DRINKING (AT LEAST HALF THE TIME)-DRINKERS

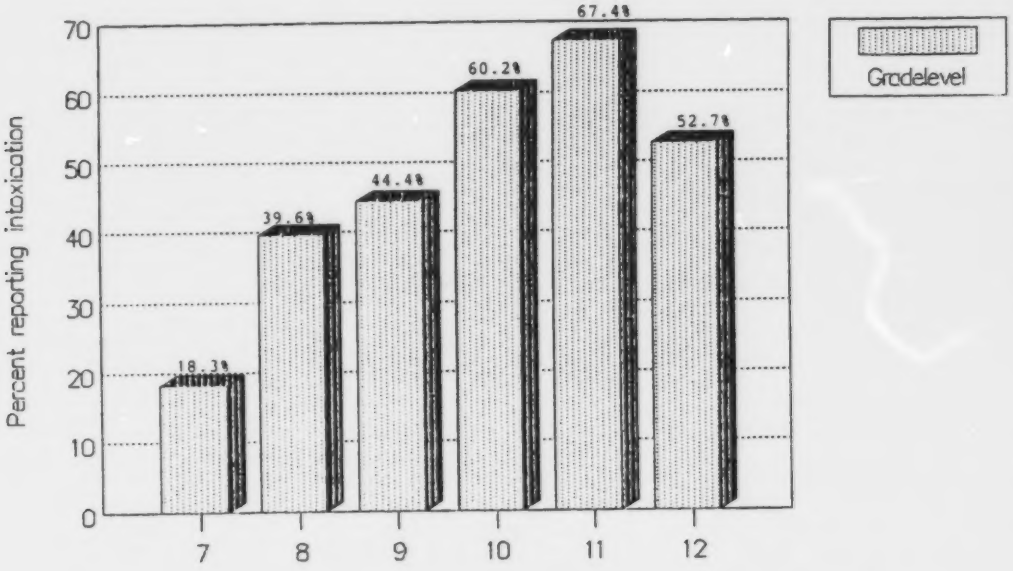


FIGURE 11

USED ALCOHOL THREE OR MORE TIMES LAST SIX MONTHS (CASES-1337)

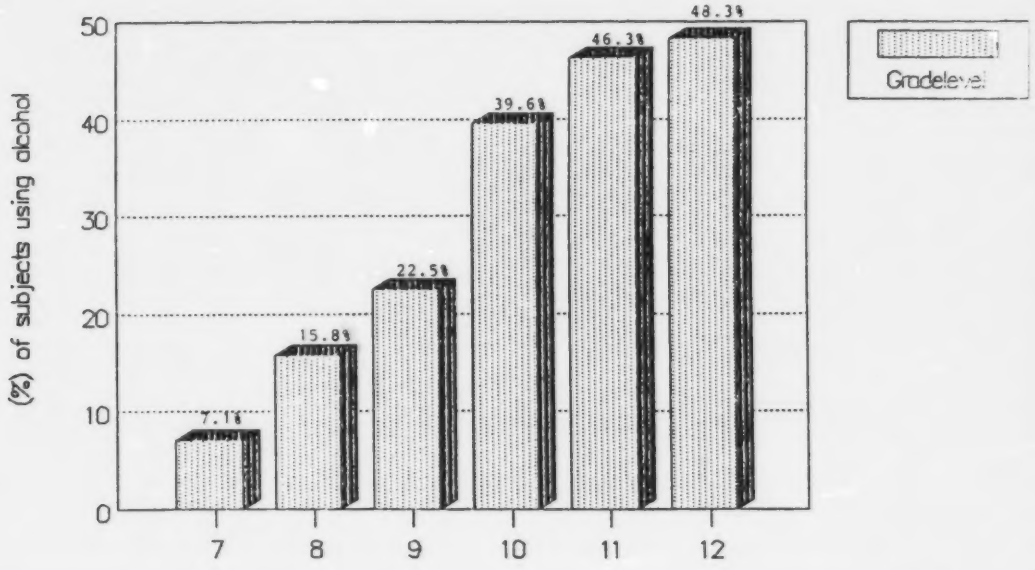


FIGURE 12

DAILY USE OF TOBACCO

-CASES 1342

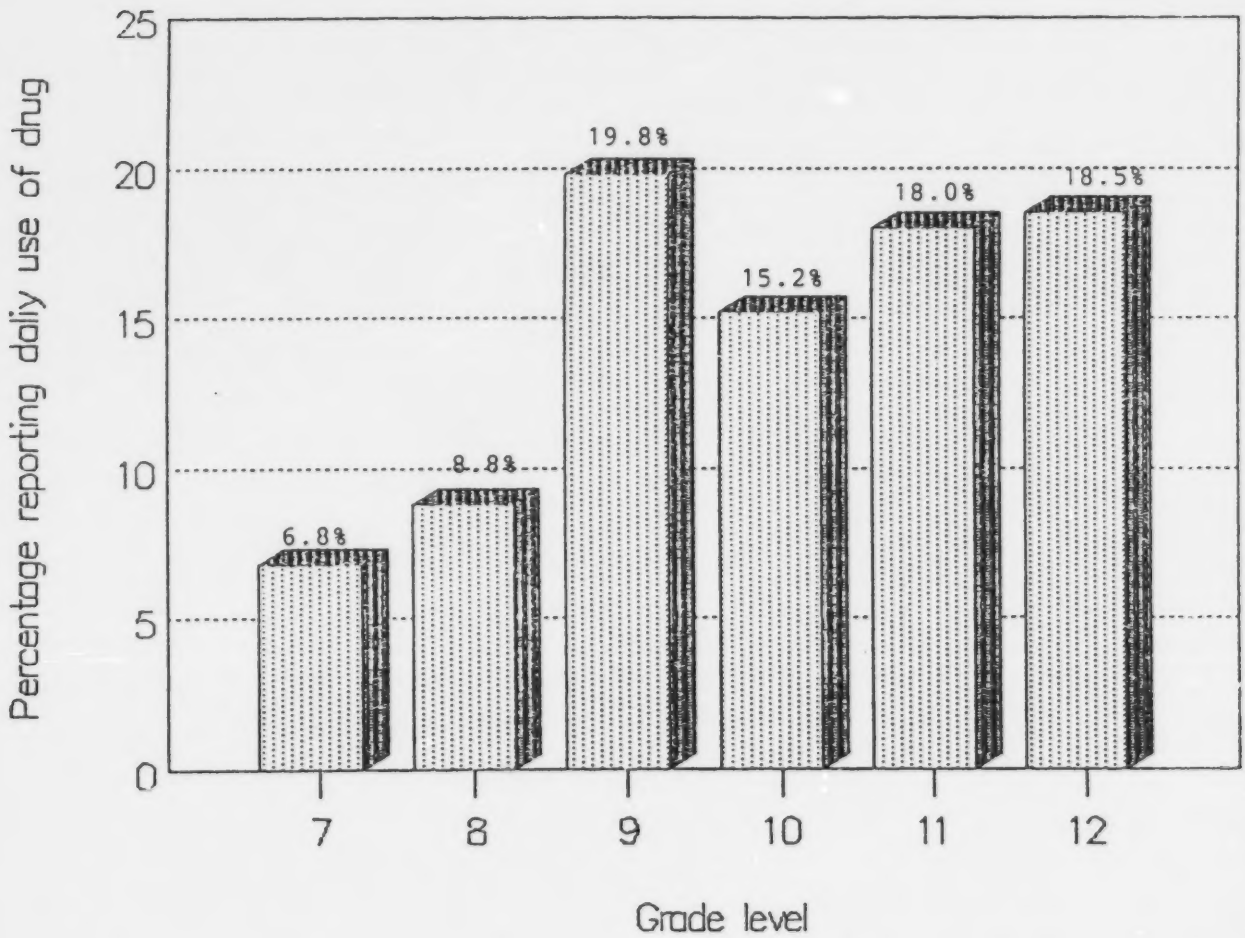


TABLE 5

DRUG USE BY HOME LOCATION

Percent Using Drug At Least Once In Prior Six Months

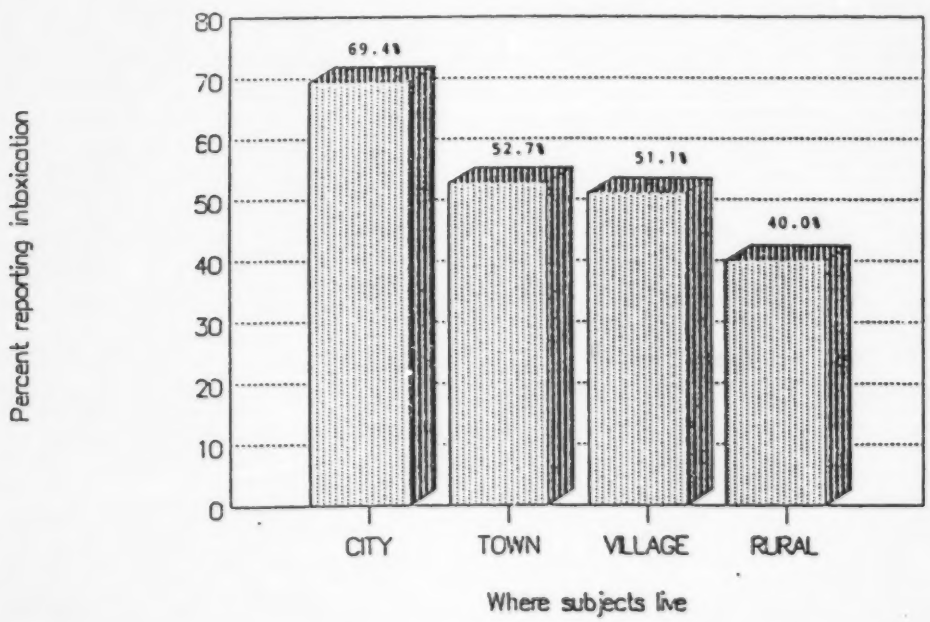
DRUG TYPE	Location CITY	TOWN	VILLAGE	RURAL
Alcohol	66.9	66.9	57.0	52.7
Cannabis	17.6	13.4	15.2	7.3
Tobacco	38.8	43.7	43.2	37.3
Magic Mushrooms	1.7	4.6	4.6	2.0
Tobacco(Daily)	15.7	13.8	17.5	11.9

Cases-1337

FIGURE 13

WHERE SUBJECTS LIVE AND IF THEY GET DRUNK WHEN DRINKING–DRINKERS

(AT LEAST HALF THE TIME)



The School And Peer Environment

Academic Performance

A high positive coorelation, both in 1982 and 1990, exists between higher student academic performance and lower rates of using alcohol, cannabis and tobacco (Tables 14 and 15). Thus, the higher a students average is, the less likely they are to report use of these drugs at least once in the previous six months, and tobacco use daily. Compared to 1982, student users for all of these drugs significantly declined for all subject averages except for those with averages below 60%, who stayed the same, and a slight increase in alcohol users among those with an average in the 90's. Students with averages in the 60's, compared to those in the 90's, were approximately twice as likely to report alcohol use, four times as likely to report cannabis use, three times as likely to have used tobacco and twenty times as likely to smoke daily.

Pattern of Use-Alcohol and Cannabis Users

The majority of student users reported being with friends (Table 6A) when last using alcohol (76.8%) and cannabis (85.5%) up by about 7% for each drug compared to the 1982 survey. There was a significant increase in students last using alcohol with their parents from 1982 to 1990 (7.7% to 12%) and a decline in last using both drugs with a date (cannabis 14.1% to 5.5%, alcohol 16.2% to 4%).

Table 6B indicates that 74.7% of alcohol users (down from 82.5 in 1982) got drunk when drinking at least some of the time, with 49.5% getting drunk at least half of the time they drank (up from 43.3% in 1982). There was a significant increase in the proportion of student drinkers nearly always/ always getting drunk when drinking from 1976 (11.8%) to 1982 (23%) to 1990 (32.5%). Thus although fewer drinking students are getting drunk, a greater proportion of those who drink are getting drunk more frequently.

At a friends home was the most frequently reported place both student alcohol users (38.3%) and cannabis users (40.9%) last used these drugs (Table 6C). The second most popularly reported place was at home for alcohol users (19%) and outdoors for cannabis users (20.9%). Students were least likely to have last used both of these drugs at a public place indoors. There was a marked increase, compared to 1982 survey results, in last using at a friends home among alcohol users (29.2% to 38.3%) and cannabis users (29.1% to 40.9%).

Almost sixty percent (59.8%) of alcohol users last obtained the drug by getting a friend to buy it and eighty percent got cannabis from a friend either free (62.3%) or by buying it from them (16.7%) (Table 6D). Compared to 1982 the most marked increase in users obtaining alcohol was from their parents supply (13% to 21.5%) and decrease was buying it themselves at a liquor store/bar (28% to 9.1%). Cannabis users reported an increase in getting the drug free from a friend (53% to 62.3%) compared to 1982, and a decrease in buying it from a friend (23% to 16.7%) or pusher (18% to 14.9%).

Of those students who are alcohol users and have a drivers licence, 21.8% report driving within one hour of having two drinks which is a marked decline from 1982 (42%). Almost ten percent have done this either twice (4.9%) or more (4.9%) times.

In summary it bears repeating that students' pattern of use of either alcohol or cannabis is strongly related to the involvelment of friends. The majority of users obtained these drugs from friends, last used with friends and forty percent used the drug last at a friends' home.

Cannabis Availability

Students reported perception of the availability of cannabis in their community differed significantly on the basis of home location, grade level and use of the drug. Among all students surveyed, 40% reported cannabis to be almost always/ always available, 25% periodically available and 35% not available. A much greater percentage of cannabis users reported the drug to be available almost always/always than for non-users (72.4% to 34.4%). As can be seen in Figure 16 the percieved availability (almost always/always) increases significantly from rural students (32.1%) to village (37.4%) to town (48.5%) to city students (64.2%). Consistent with incidence of use reported, cannabis availability increases at succeeding Grade levels with a decrease from Grade eleven to twelve. The largest proportional increases in perceived availability, also consistent with incidence of cannabis use, occurs from Grades seven to eight and nine to ten (Figure 17).

Consequences of Use-Alcohol and Cannabis

Both alcohol and cannabis users were quite similar in the percentage reporting most of the consequences surveyed (Table 7). The only significant differences were more alcohol users than cannabis users reporting feeling physically ill during or after use (51.9% to 28.6%) and cannabis users more likely to have stolen (13.6% to 7.3%) or to have missed a half day of school (21.8% to 13.4%) as a result of using. Other highly reported consequences of using alcohol or cannabis were feeling restless, nervous (29.3% and 32%), fighting (23% and 25.9%) not completing homework (21% and 25.9%) and cannabis users their memory not being as good (33.8%).

FIGURE 14

Overall subject average and drug use

Percent using drug once in last 6 mos.

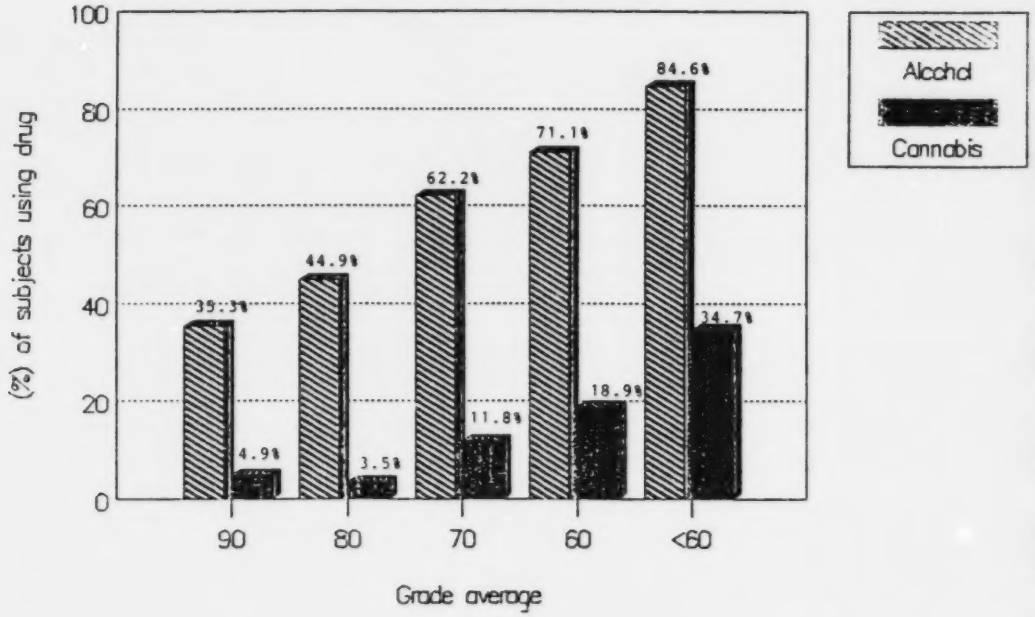


FIGURE 15

Overall subject average and tobacco use

;daily and once in past 6 months

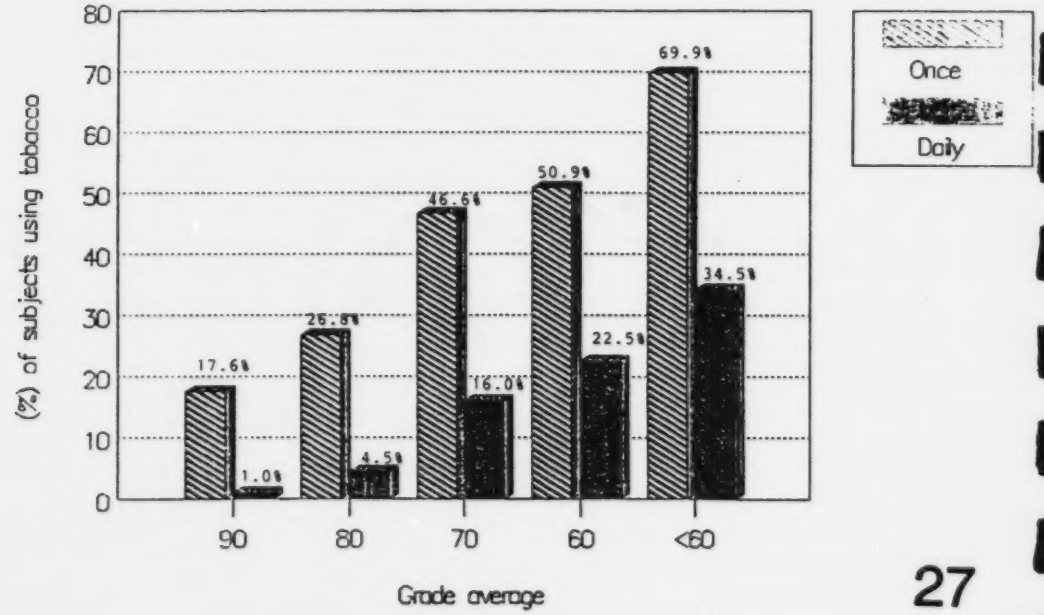


TABLE 6

PATTERNS OF USAGE-ALCOHOL AND CANNABIS USERS (%)

(Who with, how much, where used, and how obtained)

A. Who With Last Time Used	Alcohol	Cannabis
Friend	76.8	85.5
Date	4.0	5.5
Parents	12.0	0.9*
Sibling	3.6	3.6
Myself	3.6	3.5

B. Got Drunk When Drinking	
Never	25.3
Seldom	25.1
Half of the time	17.0
Nearly Always/Always	32.5

C. Where Used Last Time		
Home	19.0	5.5 *
Public PLaces-Outdoors	11.0	20.9
Public Places-Indoors	6.4	0.9 **
Friends Home	38.3	40.9
Car	12.5	21.8

D. How Obtained Last Time

Alcohol		Cannabis	
Bought Myself-Store	6.2	Pusher	14.9
Bought Myself-Bar	2.9	Bought From Friend	16.7
Friend/Store	59.8	Free From Friend	62.3
Bootlegger	6.7	Grew Own	4.4
Stranger	2.9 *	Sibling	1.8*
Parents' Supply	21.5		

FIGURE 16

WHERE SUBJECTS LIVE AND IF CANNABIS IS AVAILABLE (Always/almost)–CASES 1191

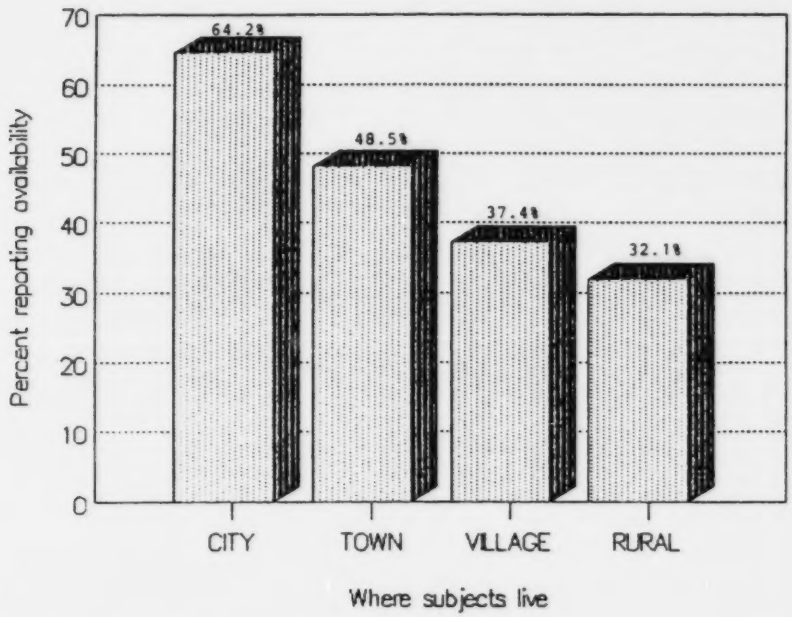


FIGURE 17

AVAILABILITY OF CANNABIS IN COMMUNITY

Always/Almost Always (Cases–1194)

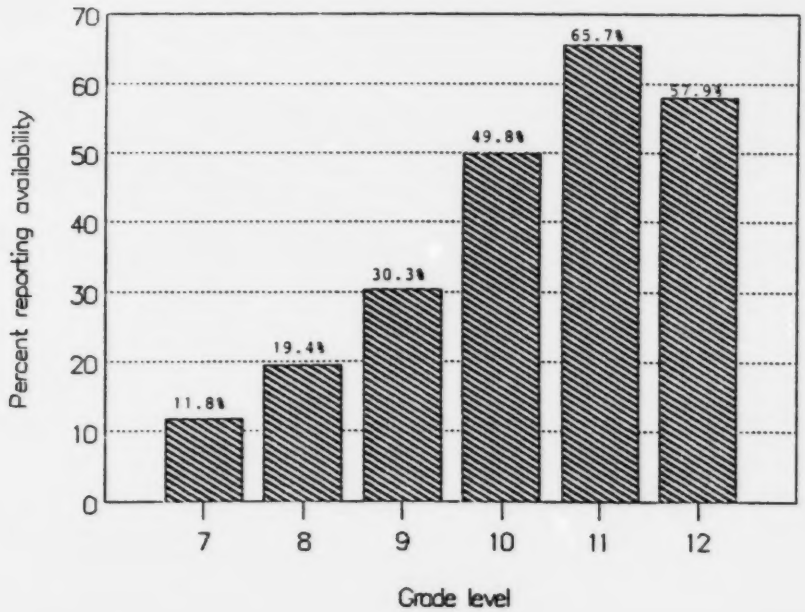


TABLE 7

CONSEQUENCES OF DRUG USE-ALCOHOL AND CANNABIS USERS (%)

EXPERIENCE		ALCOHOL	CANNABIS
School	-missed half a day	13.4	21.8
	-disciplined	3.2	5.4
	-damaged property	3.9	6.1
	-incomplete homework	21.0	25.9
	-did poorly on test	19.2	
Arrested		4.9	4.1
Fighting		23.2	23.8
Stole		7.3	13.6
Accident or Physical Injury		12.4	9.5
Restless, Nervous, Uptight		29.3	32.0
Felt Ill		51.9	28.6
Memory Not As Good			33.8

Reasons for Use

Students using alcohol, cannabis or tobacco were asked if each reason for using was important (fairly/very) or not important to them. "Because it makes me feel good" was most frequently reported as an important reason for using by alcohol (66.6%) and cannabis users (59.1%) (Table 8). Tobacco users most frequently reported "out of habit", (61.6%), as an important reason.

The second most reported important reasons for using were boredom (51%), for alcohol users, relief of tensions (52.4%) for tobacco, and boredom (44.4%) and relief of tensions (44%) for cannabis. It is interesting to note that about eighteen percent of both alcohol and cannabis users report habit as an important reason. Overall there is a slight tendency for more alcohol than cannabis students users to report social reasons as important which is consistent with the findings in previous P.E.I. surveys.

Reasons for not Using

In these sections of the survey non-users of alcohol, tobacco or cannabis were asked to choose which one reason comes closest to their reason for not using the drug . Lack of intrest in the drug was chosen most frequently by alcohol (46%), cannabis (40.6%) and tobacco (35.9%) non-users (Table 9). Significantly more cannabis non-users (26.8%) and non-smokers (29.5%) chose physical harmfulness of the drug as their reason than did non-drinkers (9%). Conversely more non-drinkers reported their major reason as parental disapproval than did non-users of tobacco (4%) or cannabis (2.1%). Concern over becoming dependant on the drug was indicated by 9.6% of alcohol, 6.3% of cannabis and 5% of tobacco non-users. The least frequently given reason for not using all three drugs was friends being against it (alcohol-1.1%, cannabis-0.8%, tobacco-1.6%). The finding of friends dissapproval as the least reported reason for non-use of these drugs is in contrast with users placing more importance on friends use and social reasons as important reasons for using. Overall the results of students reasons for not using are very similar to those in 1982.

TABLE 8

IMPORTANT REASONS FOR USING DRUGS (%)

Students Using Drug At Least Once In Prior Six Months

1990 STUDY

REASON	ALCOHOL	CANNABIS	TOBACCO
More at Ease in Group	45.4	32.5	26.8
Express Self Easier	37.4	33.1	
More at Ease-Opposite Sex	40.6	27.6	13.6
Bored	51.0	44.4	48.0
Friends Use	42.8	34.4	42.4
Relief of Tensions. Worries	44.8	44.0	52.4
Makes Me Feel Good	66.6	59.1	40.8
Habit	18.6	17.7	61.6

TABLE 9

REASON FOR NOT USING DRUGS (%)

Percent of Students Presently Not Using Drug

1990 STUDY

REASON	ALCOHOL	CANNABIS	TOBACCO
Physically Harmful	9.0	26.8	29.5
Makes Me Sick	4.0*	1.0**	7.7
Morally Wrong	6.8	10.4	3.4
Interferes Too Much	14.9	9.2	13.1
Might Become Dependant	9.4	9.4	4.9
Parents Won't Allow	8.8	2.1*	4.0*
Friends	1.1**	0.8**	1.6**
Not Interested	46.0	40.6	35.9

TABLE 10

DRUG EFFECTS-MOST USEFUL INFORMATION (%)

1990 STUDY

INFORMATION SOURCE	ALCOHOL	CANNABIS	TOBACCO
Family	20.1	9.8	20
Friends	7.6	7.4	6.7
Church or School	8.4	9.8	8.4
T.V., Radio, Newspaper	17.1	21.5	27.7
Own Experience	12.2	3.5	6.9
Special School Program (Peer Education, Addiction Services, etc.)	34.7	47.9	30.3

TABLE 11

GRADE OF STUDENT AND WHERE THEY GET BEST INFORMATION ON ALCOHOL (%)

Grade	Family	Friends	Church/ School	Media	Own Experience	Special School Program
7	21.0	3.5	10.0	10.5	3.1	52.0
8	28.7	10.5	9.1	13.4	6.7	31.6
9	25.1	9.9	9.4	21.1	8.1	26.5
10	15.7	8.6	9.0	19.5	17.1	30.0
11	16.5	5.7	6.2	18.6	20.1	33.0
12	13.0	5.7	7.4	19.6	17.0	37.4

Cases-1297

TABLE 12

GRADE OF STUDENT AND BEST INFORMATION ON EFFECTS OF TOBACCO (%)

Grade	Family	Friends	Church/ School	Media	Own Experience	Special School Program
7	17.9	5.4	10.3	14.3	3.6	48.4
8	25.2	8.7	11.2	18.0	6.8	30.1
9	22.9	10.3	7.2	30.0	4.5	23.2
10	23.7	6.2	8.1	30.3	8.5	23.2
11	15.4	5.1	4.6	34.4	10.3	30.3
12	14.7	3.9	8.7	38.1	6.9	27.7

Cases-1291

TABLE13

GRADE OF STUDENT AND BEST INFORMATION ON CANNABIS (%)

Grade	Family	Friends	Church/ School	Media	Own Experience	Special School Program
7	9.2	4.8	10.1	13.6		62.3
8	15.5	7.2	11.1	15.5	2.9	47.8
9	13.8	8.4	9.8	22.2	3.1	42.7
10	10.1	8.2	11.5	28.4	2.9	38.9
11	4.1	8.2	7.7	25.0	6.1	49.0
12	6.9	6.4	8.6	24.9	4.3	48.9

Cases-1297

Information Sources

The greatest number of students felt they had obtained the most useful information on the effects of cannabis (47.9%), alcohol (34.7%) and tobacco (30.3%) from special school programs such as from Peer Education and Addiction Services (Table 10). These programs were also the most frequently reported source in 1982 but showed the most significant increases from 1982 to 1990 (alcohol-28.1% to 34.7%; cannabis-29.7% to 47.9%; tobacco-24.9% to 30.3%).

The second most chosen useful source was the media for tobacco (27.7%) and cannabis (21.5%) and family for alcohol (20.1%). Friend and personal experience were the least reported information sources for cannabis (7.4% and 3.4%) and tobacco (6.7% and 6.9%) whereas for alcohol the least were friends (7.6%) and church/school (8.4%).

This year about half as many students compared to 1982, picked church/school as their most useful source for all three drugs (alcohol-14.9% to 8.4%; cannabis 19.3% to 9.8%; tobacco 17.7% to 8.4%). As well there was a significant decline in choosing friends as their most useful information source (12.5% to 7.4%).

Twice as many students picked family as their most useful source for alcohol (20.1%) and tobacco (20%) information compared to cannabis (9.8%). Conversely cannabis information from special programs (47.9%) was cited as most useful more frequently than for alcohol (34.7%) or tobacco (30.3%). Grades seven,eleven and twelve students were significantly lower in their choice of the family as the information source than in grades eight, nine and ten (Tables 11,12 and 13). As well, for all three drugs the choice of media by Grades seven and eight students was much lower, as was personal experience for alcohol for Grades seven, eight and nine than at succeeding Grade levels.

Some consistent patterns occur with regards to the students sex and choice of most useful source of drug information. For all three drugs more males (by about 5%) chose the media and more females (from 6% to 8%) chose special school programs as their most useful source. All other sources of information showed no significant differences in the percentage chosen by each sex.

Half (49%) of all the students reported recently being exposed to the Peer Education Program in their classroom. Students involved in this program compared to those who were not were less likely to report alcohol (50.7% to 65.2%) and cannabis (8.8% to 14.7%) use.

About three quarters (74.3%) of students felt that education for all drugs should start at or before Grade seven. 70% felt that they themselves were receiving sufficient

information about drugs (up from 64% in 1982).

Almost half (47.4%) of students felt that the legal drinking age (now 19) should be lowered to eighteen. 30% felt the legal age should remain at nineteen, 6.9% felt it should be raised to twenty and 15.6% to twenty-one.

The Family Environment
Living Arrangement

The incidence of student alcohol users, cannabis users and daily smokers showed some significant differences in relation to which parents(s) they were living with at present (Table 14). Students not living with either parent were the most likely to be using each of these drugs. Those living with their mother only were much more likely to report using these drugs than those living with mother and father or mother and stepfather. Comparitively those living with their father and mother were less likely to be daily smokers and more likely to use cannabis than those living with mother and stepfather.

LIVING ARRANGEMENT-USE OF DRUG ONCE IN LAST SIX MONTHS (%)

TABLE 14

	Alcohol	Cannabis	Tobacco(Daily)
Mother and Father	55.3	10.0	11.8
Mother	70.5	17.7	24.3
Mother and Stepfather	57.1	7.7	21.3
Other	77.1	37.1	31.4

Insufficient data for inclusion of father only or father/stepmother.

Parents Employment Status

There are significant differences with regards to student drug use and the employment status (full time, part time, full time homemaker) of both mother/stepmother and father/stepfather (Table 15,16 and 17). Students drug use in relation to parents employment status tends to be inversely related in comparing mother/stepmothers status to father/stepfathers status.

Students whose mother/stepmothers are full time homemakers were less likely to report smoking daily and cannabis use (9.7% and 8.3%) than those with part time (14.9 and 11%) and full time employed mother/stepmothers (16.7% and 13.7%). Alcohol users among students with part time employed (53.3%) and full time homemaker (55.2%) mother/stepmothers were significantly lower than for those whose mother's worked full time (63.6%).

Conversely a much lower proportion of students whose father/stepfathers are

employed full time as opposed to him being a full time homemaker report using alcohol (56.8% to 70%), cannabis (10.1% to 20%) and smoking daily (12.8% to 20%).

Allowed to Drink at Home

Almost one half (45.4%) of students reported that they were allowed to drink at home either on Special Occasions (30.6%) or Special Occasions and other times (14.6%). More females than males were allowed to drink at home (47.5% to 43%) however more males were allowed to on Special Occasions and other times (17% to 12.4%). The percentage of students allowed to drink at home increased at succeeding ages from age twelve or less (32.3%) to age eighteen (67%)

Among those who are not allowed to drink at home 39.9% reported using alcohol (incidence for all students reported earlier was 58%). Student drinkers who were not allowed to drink at home were less likely to be weekly/daily alcohol users (9%) than those allowed to drink at home on Special Occasions (14%) or Special Occasions and other times (17%). Also students who were not allowed to drink at home were less likely to be using cannabis (never allowed 6.8%; Special Occasions 17.4%; Special and other Occasions 18.5%). No significant differences occurred between being allowed or not allowed to drink at home and getting drunk frequently when drinking.

Parental Drug Use

Over three quarters (78.7%) of students reported that their father and 63.3% that their mother drank (If living with father or mother). Almost twenty percent felt that their father had an alcohol problem that was either mild (6.6%) or severe (13.3%). Significantly fewer students felt their mother had a mild (2.4%) or severe (1%) alcohol problem. Students reported that 38.1% of their fathers and 31.2% of their mothers smoked cigarettes.

In the present study, as in previous studies, students were more likely to use alcohol or tobacco (daily) if their mother or father used the same drug (Figures 18 and 19). Almost twice as many students smoked daily if their mother smoked compared to students whose mother did not smoke (20.6% to 11.9%). A similiar trend followed for students smoking daily if their father smoked compared to father being a non-smoker (19.2% to 11.2%).

Students were much more likely to report that they drink (74.6%) if their father also used alcohol than if their father does not drink (46%). Although there was not as marked a difference, students whose mothers drink alcohol were more likely to use alcohol than if she was a non-drinker (59.1% to 51.9%).

TABLE 15

PARENTS EMPLOYMENT STATUS-STUDENTS USE OF ALCOHOL

AT LEAST ONCE IN PRIOR SIX MONTHS

	Mother	Father
Full Time	63.6	56.8
Part Time	53.3	57.8
Homemaker	55.2	70.0

Cases-1326

TABLE 16

PARENTS EMPLOYMENT STATUS-STUDENTS USE OF CANNABIS

AT LEAST ONCE IN PRIOR SIX MONTHS

	Mother	Father
Full Time	13.7	10.1
Part Time	11.0	14.2
Homemaker	8.3	20.0

TABLE 17

Cases-1331

PARENTS EMPLOYMENT STATUS AND STUDENTS TOBACCO USE(DAILY)

	Mother	Father
Full Time	16.7	12.8
Part Time	14.9	18.4
Homemaker	9.7	20.0

Cases-1330

FIGURE 18

PARENTS USE OF TOBACCO–RELATION TO STUDENT USE(DAILY)

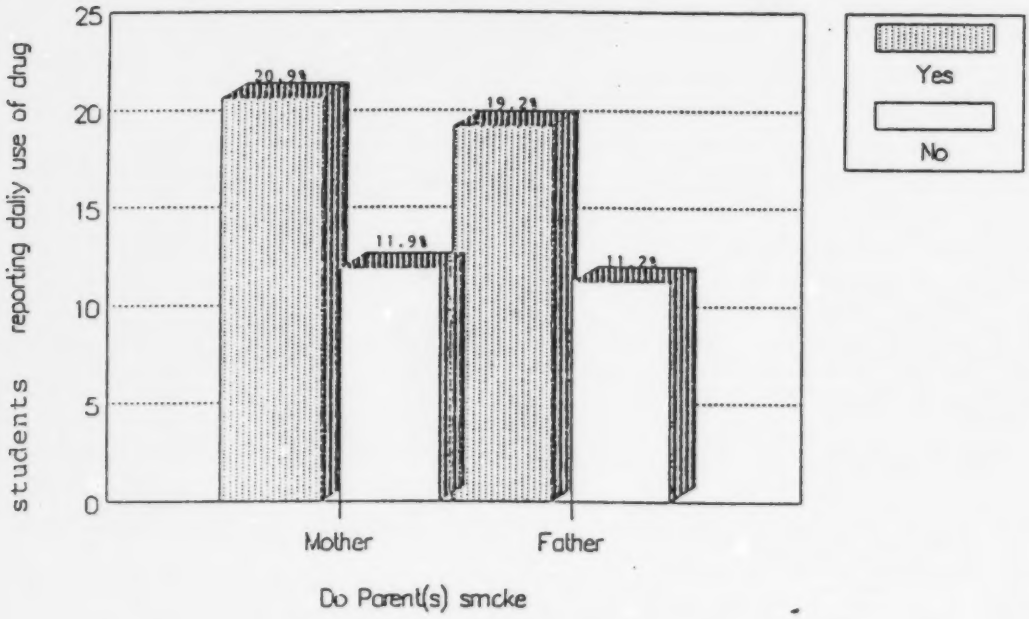
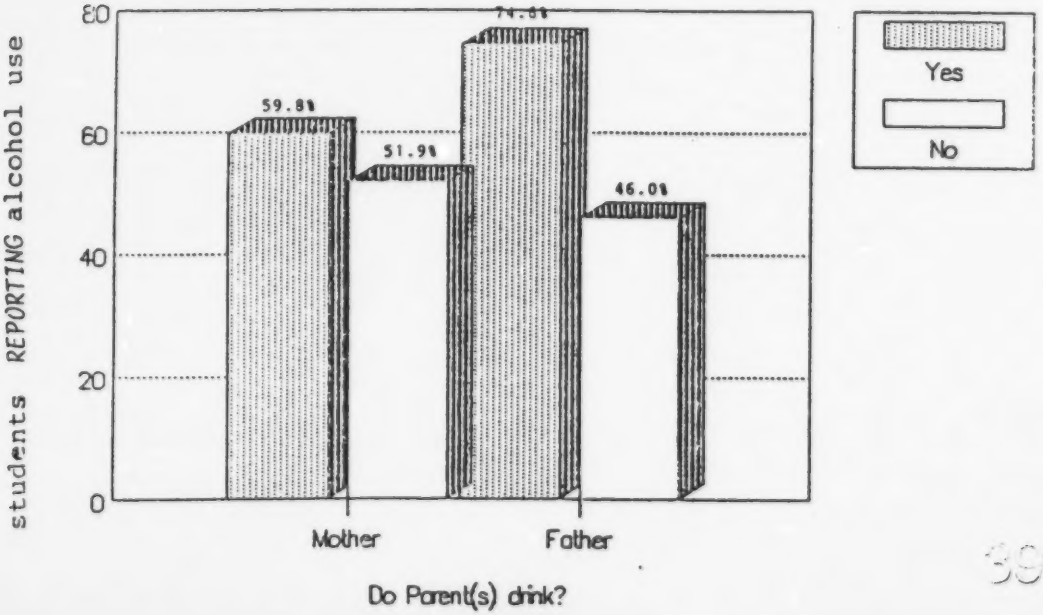


FIGURE 19

PARENTS USE OF ALCOHOL–RELATION TO STUDENT USE(%)



Comments/Recommendations

The present report reveals many interesting trends and patterns in the use of alcohol and other drugs by P.E.I. students. The use of these drugs has generally declined since the last survey in 1982. This finding is consistent with what has happened in the rest of Canada over the past ten years. Many local initiatives have taken place over this time span that are possible contributors to this decline in P.E.I.. Efforts should continue to design and implement effective policies and programs that will promote a continuing reduction in alcohol and drug use. This final section contains recommendations from the author based on the results of this study. These recommendations are not meant to be all inclusive and are general in scope as their purpose is to promote and facilitate discussion by appropriate agencies.

Recommendation One

Parents, School Personnel and others involved with adolescents should be made aware of who among our youth are most likely to be using alcohol and other drugs.

High risk students include those who are either;

a)smoking daily,
b)are allowed to drink at home
c)doing poorly academically
d)drinkers
e)have a mother employed full time or
a father who is a full time homemaker and/or
f)those not living with two parents

The awareness programs for those involved with our youth should also include both proactive and reactive methods of intervention.

Special emphasis for parents should be placed on the possible effects of attempting to 'teach their children to drink' at home. Both in this study and others those students who are periodically allowed to drink at home are more likely to be frequent drinkers. As well this study indicates a much greater tendency to use cannabis among those allowed to drink at home.

Parents should also be made aware that the most alcohol and cannabis use is occuring either in the adolescents own home or at a friends. Most are obtaining these drugs from a friend and increasing numbers are obtaining alcohol from their parents supply.

Programs developed to increase awareness for those involved with our youth, should emphasize that alcohol continues to be by far the most popular drug of choice in the adolescent community.

Recommendation Two

An increased concentration of alcohol and drug education in the schools, both in currriculum and through special programs, should occur from grade seven through ten. Special emphasis in programming should occur in late grade seven-early grade eight and late grade nine-early grade ten.

Consistently through the last few P.E.I. studies the greatest increases in recent drug usage occurred at grade eight and grade ten. Thus we must consider this as a critical time in their decision making regarding alcohol and other drug use.

Recommendation Three

Education on tobacco use should be ensured at the late elementary school level through Grade nine.

The initial age of first using tobacco tends to be earlier than for other drugs. The greatest increase by far in daily smokers occurs among grade nine students. Thus special emphasis in curriculum, special programs and the media should be directed towards students in late grade eight-early grade nine.

Recommendation Four

Schools considering the implimentation of stop smoking programs should do so especially from grade nine to twelve.

Those designing and implimenting these programs should take into consideration that among student daily smokers over 50% are also using cannabis and over 90% are using alcohol.

Recommendation Five

The Department of Education, School Boards and/or individual schools at all grade levels should work with Addiction Services to determine and implement effective programs to assist students who percieve their parent(s) as having a drinking problem.

In this study about one in five students percieved either their mother of father as having a drinking problem. Discussions regarding the development of programs should consider that these students, as well as having to deal with their parents problem, are also more likely to be drinkers and are more likely to have a problem with alcohol either now or in the future.

Recommendation Six

Government and the legal system should continue to implement, enforce and make the public aware of effective legal sanctions directed towards reducing adolescent alcohol and other drug use.

Since the 1982 Student Drug Survey in P.E.I.;

a) the drinking age has increased to nineteen
b) there has been increasing sanctions for drinking and driving
c) magic mushroom possession and traficking have become illegal
d) legal sanctions against cannabis possession and traficking have significantly increased
e) tobacco product prices have increased dramatically
f) storeowners have been made more aware of the illegality of selling tobacco products to minors.

There has been a significant reduction among students in the use of all major drugs and drinking and driving since the last survey. Although we cannot conclusively say that these government and legal system initiatives resulted in the reduction in drug use, we cannot discount their possible influence. For example raising the drinking age to nineteen significantly reduced the number of high school students who can legally obtain alcohol and concurrently there was a significant reduction in students obtaining alcohol

at a bar or liquor store. We must remember that most students obtain alcohol from freinds and therefore decreased access makes it more difficult to obtain.

Recommendation Seven

The next P.E.I. Alcohol and Other Drug Survey should take place in the spring of 1995

Eight years have passed between the last two surveys. It is difficult for involved organizations to make informed, effective decisions using outdated research or anecdotal information. Decisions regarding public policy and programming are too important to be decided on the basis of 'educated guesses'. It is hoped that the information gained from this survey will assist those involved with students to deal more effectively with alcohol and drug use among students.

Recommendation Eight

Adolescents who are attending post-secondary schools or who have dropped out of school should be surveyed to give a better overall analysis of P.E.I. drug use among all adolescents.

It must be remembered that this report deals with students attending school in grades seven to twelve, and its results should only be generalized to that group of adolescents.

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APPENDIX A

STUDENT ALCOHOL AND PSYCHOACTIVE DRUG USE SURVEY

Please DO NOT sign your name anywhere on this booklet. This will insure the complete anonymity of your answers. There is no way your individual questionnaire can ever be identified.

INSTRUCTIONS:

I. You need two things: (a) the Question Booklet; and (b) a pencil and an eraser.

II. The questions are numbered 1, 2, 3, 4, ... etc.

III. You are to answer every question.

IV. Circle only one answer for each question.

V. Your answers will be indicated by:

A. Circling the appropriate letter beside the answer you have chosen; or by

B. Circling the appropriate number in the column opposite the question.

FOR EXAMPLE

A. CIRCLE the letter beside the answer you have chosen.

1. Use of Marijuana among students IN THIS SCHOOL is:

   A. Lower than last year
   B. the same as last year
   C. higher than last year
   D. I do not know

2. Does your older brother or sister attend the same school as you? (Circle not applicable if you do not have an older brother or sister)

   A. yes
   B. no
   C. not applicable

B. Circle the appropriate number in the column opposite the question

	Yes	No	Do Not Use
3. Have you ever used Cocaine off the Island. (Circle do not use if you do not use Cocaine	1	2	3

1. What is your AGE (in years)?

   A. 12 or under
   B. 13
   C. 14
   D. 15
   E. 16
   F. 17
   G. 18
   H. over 18

2. What GRADE are you in?

   A. 7th
   B. 8th
   C. 9th
   D. 10th
   E. 11th
   F. 12th

3. What is your SEX?

   A. Male
   B. Female

4. Where do you live?

   A. in a city
   B. in a town
   C. in a village
   D. in a rural area

5. Who are you living with now?

   A. mother and father (natural or adopted)
   B. mother
   C. father
   D. mother and stepfather
   E. father and stepmother
   F. other

6. What is your mother or stepmother's employment status?

   A. full-time employment
   B. part-time employment
   C. full-time homemaker
   D. not applicable/other

7. What is your father or stepfather's employment status?

   A. full-time employment
   B. part-time employment
   C. full-time homemaker
   D. not applicable/other

8. What is your AVERAGE performance for all school subjects this year?

   A. under 50%
   B. in the 50's
   C. in the 60's
   D. in the 70's
   E. in the 80's
   F. in the 90's

How old were you when you first used each of the following drugs without medical advice or medical supervision? (Circle "never" if you never used the drug).

	under 12	12	13	14	15	16	17	18+	never
9. cigarettes	1	2	3	4	5	6	7	8	9
10. alcohol	1	2	3	4	5	6	7	8	9
11. solvents (like glue, thinner, spray)	1	2	3	4	5	6	7	8	9
12. tranquillizers (like Librium, Valium)	1	2	3	4	5	6	7	8	9
13. barbiturates (Seconal, Amytal, Phenobarb, "barbs", "downers")	1	2	3	4	5	6	7	8	9
14. non-barbiturate hypnotics (like sleeping pills, Mandrax, Doriden, "sopers", "ludes")	1	2	3	4	5	6	7	8	9

.../2

How old were you when you first used each of the following drugs without medical advice or medical supervision? (Circle "never" if you never used the drug). (Cont'd)

	under 12	12	13	14	15	16	17	18+	never
15. L.S.D. ("acid")	1	2	3	4	5	6	7	8	9
16. magic mushrooms	1	2	3	4	5	6	7	8	9
17. marijuana or hashish ("grass") or ("hash")	1	2	3	4	5	6	7	8	9
18. cocaine (coke, snow, crack)	1	2	3	4	5	6	7	8	9
19. stimulants by mouth (pep pills, diet pills, "uppers", "speed")	1	2	3	4	5	6	7	8	9
20. opiates by mouth (Codeine like 222's, 229's, etc., cough syrups with narcotics)	1	2	3	4	5	6	7	8	9

How often have you used each of the following drugs during the last 6 months?

	never	only once or twice	Occasionally (less than weekly)	weekly	daily
21. cigarettes	1	2	3	4	5
22. alcohol	1	2	3	4	5
23. solvents (like glue, thinner, spray)	1	2	3	4	5
24. tranquillizers (like Librium, Valium)	1	2	3	4	5
25. barbiturates (like Seconal, Amytal, Phenobarb, "barbs", "downers")	1	2	3	4	5
26. non-barbiturate hypnotics (like sleeping pills, Mandrax, Doriden, "Sopers", "ludes")	1	2	3	4	5
27. L.S.D. ("acid")	1	2	3	4	5
28. magic mushrooms	1	2	3	4	5
29. marijuana or hashish ("grass" or "hash")	1	2	3	4	5
30. cocaine (coke, snow, crack)	1	2	3	4	5
31. stimulants by mouth (pep pills, diet pills, "uppers" "speed")	1	2	3	4	5
32. bindro	1	2	3	4	5

.../3

33. How old were you when you first began smoking cigarettes fairly regularly? (Daily).

A. under 12
B. 13
C. 14
D. 15
E. 16
F. 17
G. 18 or over
H. never

34. Does your mother smoke cigarettes?

A. yes B. no C. not applicable

35. Does your father smoke cigarettes?

A. yes B. no C. not applicable

36. How old were you when you first began to drink alcohol fairly regularly? (at least once a month)

A. under 12
B. 13
C. 14
D. 15
E. 16
F. 17
G. 18 or over
H. never

37. Do your parents let you drink alcohol at home? (Circle only one)

A. On special occasions (religious holidays, birthdays, etc.)
B. On special occasions and at other times.
C. Never

(If you have never, or only once used alcohol in the last six months, circle do not drink for questions 38 to 67.)

38. WHO were you with the last time you drank either beer, wine, or liquor beverages?

A. by myself
B. with a friend or friends, but not on a date
C. with my brother(s) or sister(s)
D. with a date
E. with my parents
F. do not drink

39. WHERE were you the last time you drank either beer, wine, or liquor beverages?

A. at home
B. at a public place outdoors (park, beach, campground, etc.)
C. at a public place indoors (club, lounge, restaurant, etc.)
D. at school during school hours
E. at a school dance
F. at a community dance
G. at a friend's home
H. at a public party (wedding, etc.)
I. in a car
J. at a sporting event
K. do not drink

40. HOW did you obtain your alcoholic beverages the last time your drank either beer, wine, or liquor beverages?

A. bought it myself at a liquor store
B. bought it myself at a bar, lounge, or restaurant
C. bought it myself from a bootlegger
D. friends bought it for me at a liquor store
E. friends bought it for me from a bootlegger
F. strangers bought it for me
G. used my parents' supply
H. do not drink

41. Have you ever used a false I.D. card to obtain alcoholic beverages or to enter a club or lounge?

A. never B. rarely C. often D. most of the time E. do not drink

.../4

42. If you have attempted to buy alcoholic beverages at a bar, club, lounge, or liquor store, how often have you been asked to show an I.D. card? (circle do not drink or not applicable if you do not drink or if you have not tried to buy alcohol at these places)

A. never B. rarely C. often D. most of the time E. do not drink or not applicable

43. How often do you get drunk when you drink?

A. never
B. seldom
C. about half of the time
D. nearly always
E. always
F. do not drink

In the last 6 months, how often have the following experiences resulted from your use of alcohol?

	never	once	two or more times	do not drink
44. been arrested, whether detained or charged for either drunken driving or some other drinking related behavior	1	2	3	4
45. came before school authorities for punishment	1	2	3	4
46. missed at least a half a day of school	1	2	3	4
47. had an accident or physical injury	1	2	3	4
48. been expelled from classroom or school	1	2	3	4
49. lost a job	1	2	3	4
50. became involved in a fight	1	2	3	4
51. damaged school property	1	2	3	4
52. stolen something	1	2	3	4
53. did not complete homework or other school assignment	1	2	3	4
54. did poorly on a school assignment, test	1	2	3	4
55. felt restless, nervous, or uptight	1	2	3	4
56. felt physically ill (nauseated, headache)	1	2	3	4

Why do you think you use alcohol? Indicate how important each of the following reasons are for you.

	not important at all	fairly important	very important	do not drink
57. because I feel more at ease and less self-conscious in a group	1	2	3	4

.../5

Why do you think you use alcohol? Indicate how important each of the following reasons are for you. (Cont'd)

	not important at all	fairly important	very important	do not drink
58. because I feel I can express myself more easily	1	2	3	4
59. because I feel more at ease with the opposite sex	1	2	3	4
60. because I'm bored; there is not much else to do	1	2	3	4
61. because my friends drink	1	2	3	4
62. because I get relief from tensions and worries	1	2	3	4
63. because it makes me feel good	1	2	3	4
64. out of habit	1	2	3	4

65. During the last 6 months, how often have you driven a motor vehicle within an hour after drinking at least two alcoholic drinks?

A. never
B. once
C. twice
D. three times or more
E. don't have a driver's license (permanent)
F. do not drink

66. During the last 6 months, how often have you been charged with a driving offense (other than parking) after drinking alcoholic beverages?

A. never
B. once
C. twice
D. three times or more
E. do not drink

67. During the last 6 months, how often have you been involved in a traffic accident as a driver after drinking alcoholic beverages?

A. never
B. once
C. twice
D. three times or more
E. do not drink

68. If you do not presently drink alcohol, which of the following comes closest to your reason for not doing so? (Select only one alternative. Circle "not applicable" if you do drink alcohol).

A. I believe it is physically harmful
B. it makes me sick
C. I believe it is morally wrong
D. I believe it would interfere too much with other things I want to do (like sports, etc.)
E. I believe I might become dependent on it
F. my parents would not allow it
G. my friends are against it
H. I am just not interested in it
I. not applicable

69. How often does your father use alcohol?

A. never
B. rarely
C. once or twice a month
D. once or more a week
E. daily
F. not applicable

70. How often does your mother use alcohol?

A. never
B. rarely
C. once or twice a month
D. once or more a week
E. daily
F. not applicable

.../6

71. If you at one time smoked cigarettes regularly (daily), have you now stopped? (Check "not applicable" if you never smoked cigarettes).

A. yes B. no C. not applicable

72. If you do not presently smoke cigarettes, which of the following comes closest to your reason for not doing so? (Select only one alternative. Circle "I do smoke" if you do smoke cigarettes).

A. I believe it is physically harmful
B. It makes me sick
C. I believe it is morally wrong
D. I believe it would interfere too much with other things I want to do (like sports, etc.)
E. I believe I might become dependent on it
F. my parents would not allow it
G. my friends are against it
H. I am just not interested in it
I. I do smoke

(If you presently do not smoke cigarettes, circle do not smoke for questions 73 to 79.)

Why do you think you smoke cigarettes? Indicate how important each of the following reasons are for you

		not important at all	fairly important	very important	do not smoke
73.	because I feel more at ease and less self-conscious in a group	1	2	3	4
74.	because I feel more at ease with the opposite sex	1	2	3	4
75.	because I'm bored; there is not much else to do	1	2	3	4
76.	because my friends smoke	1	2	3	4
77.	because I get relief from tensions and worries	1	2	3	4
78.	because it makes me feel good	1	2	3	4
79.	out of habit	1	2	3	4

Is there an alcohol problem with any of the following persons in your family?

		Not applicable	None	Mild	Severe
80.	Mother	1	2	3	4
81.	Father	1	2	3	4
82.	Grandparent	1	2	3	4

(If you have never, or only once, used marijuana or hashish in the last six months, fill in do not use for questions 83 to 108)

83. WHO were you with the last time you used marijuana or hashish?

A. by myself
B. with a date
C. with a friend or friends, but not on a date
D. with my parents
E. with my brother(s) or sister(s)
F. do not use

.../7

84. WHERE were you the last time you used marijuana or hashish?

A. at home
B. at a public place outdoors (park, beach, campground, etc.)
C. at a public place indoors (club, lounge, restaurant, etc.)
D. at school during school hours
E. at a school dance
F. at a community dance
G. at a friend's home
H. at a public party (wedding, etc.)
I. in a car
J. at a sporting event
K. do not use

85. HOW did you obtain your marijuana or hashish the last time you used it?

A. bought it myself from a pusher or dealer
B. bought it myself from a friend
C. got it free from friends
D. grew my own
E. used my brother's or sister's supply
F. do not use

In the last 6 months how often have the following experiences resulted from your use of marijuana or hashish?

		Never	Once	Two or More Times	Do Not Use
86.	been arrested, whether detained or charged, for possession or selling	1	2	3	4
87.	been arrested, whether detained or charged, for pushing or dealing	1	2	3	4
88.	came before school authorities for punishment	1	2	3	4
89.	missed at least half a day of school	1	2	3	4
90.	had an accident or physical injury	1	2	3	4
91.	been expelled from classroom or school	1	2	3	4
92.	lost a job	1	2	3	4
93.	became involved in a fight	1	2	3	4
94.	damaged school property	1	2	3	4
95.	stolen something	1	2	3	4
96.	did not complete homework or other assignment	1	2	3	4
97.	felt restless, nervous, or uptight	1	2	3	4
98.	felt physically ill (nausea, headaches, etc.)	1	2	3	4
99.	my memory does not seem as good as it was before	1	2	3	4

.../8

Why do you think you use marijuana or hashish? Indicate how important each of the following reasons are for you.

		not important at all	fairly important	very important	do not smoke
100.	because I feel more at ease and less self-conscious in a group	1	2	3	4
101.	because I feel I can express myself more easily	1	2	3	4
102.	because I feel more at ease with the opposite sex	1	2	3	4
103.	because I'm bored, there is not much else to do	1	2	3	4
104.	because my friends use it	1	2	3	4
105.	because I get relief from tensions and worries	1	2	3	4
106.	because it makes me feel good	1	2	3	4
107.	out of habit	1	2	3	4

108. During the last 6 months, how often have you driven a motor vehicle within an hour after using marijuana or hashish?

A. never
B. once
C. twice
D. three times or more
E. do not have a driver's license (permanent)
F. do not use

109. How available is marijuana or hashish in your community?

A. not available
B. periodically available
C. almost always
D. Always

110. If you do not presently use marijuana or hashish, which of the following comes closest to your reason for not doing so? (Select only one alternative. Circle not applicable if you have used marijuana or hashish in the last six months).

A. I believe it is physically harmful
B. it makes me sick
C. I believe it is morally wrong
D. I believe it would interfere too much with other things I want to do (like sports, etc.)
E. I believe I might become dependent on it
F. my parents would not allow it
G. my friends are against it
H. I am just not interested in it
I. not applicable

111. How often does your father use marijuana or hashish?

A. never B. rarely C. often D. I don't know E. not applicable

112. How often does your mother use marijuana or hashish?

A. never B. rarely C. often D. I don't know E. not applicable

113. Where have you obtained the most useful information on the effects of tobacco?

A. from my family
B. from the kids I hang around with
C. from church or school
D. fom the T.V., radio, newspaper
E. from my own experience with tobacco
F. from special school program (Peer Education Program, Addiction Services, etc.)

.../9

114. Where have you obtained the most useful information on the effects of alcohol?

A. from my family
B. from the kids I hang around with
C. from church or school
D. from the T.V., radio, newspaper
E. from my own experience with alcohol
F. from special school program (Peer Education Program, Addiction Services, etc.)

115. Where have you obtained the most useful information on the effects of marijuana or hashish?

A. from my family
B. from the kids I hang around with
C. from church or school
D. from the T.V., radio, newspaper
E. from my own experience with marijuana or hashish
F. from special school program (Peer Education Program, Addiction Services, etc.)

116. Were you exposed to the recent Peer Education Program in your classroom?

A. Yes B. no

117. Do you think the legal drinking age on P.E.I. (now 19 years) should be

A. 18 years B. 19 years C. 20 years D. 21 years

118. Do you feel you are receiving sufficient useful information about alcohol, tobacco, marijuana, and other drugs?

A. yes B. no

119. When do you feel drug and alcohol education should be started in schools?

A. Grade VII or below
B. Grade VIII or IX
C. Grade X or XI
D. Grade XII
E. drug education does not belong in schools

120. From which of the following sources do you feel you should be receiving further information about the use of drugs and alcohol? (pick only one alternative)

A. medical
B. clergy
C. parents
D. teachers
E. ex-users
F. T.V., radio, newspapers
G. Addiction Services

THE END

THANK YOU!

Appendix B

Problems With Doing Survey Questionnaire

Questions 1 - 120 are about the survey you just completed. Please look at your blank copy of the survey to see the questions you are being asked about.

1. *Was it easy or hard for you to understand and answer Question 1?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

2. *Was it easy or hard for you to understand and answer Question 2?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

3. *Was it easy or hard for you to understand and answer Question 3?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

4. *Was it easy or hard for you to understand and answer Question 4?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

5. *Was it easy or hard for you to understand and answer Question 5?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

6. *Was it easy or hard for you to understand and answer Question 6?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

7. *Was it easy or hard for you to understand and answer Question 7?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

8. *Was it easy or hard for you to understand and answer Question 8?*
   (check one) ___ *easy* ___ *not easy or hard* ___ *hard*
   If it was hard, what was hard about it? _____
   _____

Please put an "X" next to each word that you do not know, cannot read or do not understand.

- Anonymity
- insure
- indicated
- appropriate
- applicable
- employment
- occasion
- obtain
- rare
- seldom
- result
- authority
- nauseated
- indicate
- express
- morally
- dependent
- alternative
- sufficient

Appendix C

Standard Instructions

If teachers present ask that they remain at the FRONT of the room; not walk around students; not respond to students' questions. Introduce self.

This survey is being conducted by Addiction Services of Prince Edward Island to find out if students use alcohol, tobacco and other drugs and if they do, why they do. Approximately 2,000 students in Grades 7 - 12 will complete the survey.

All the information in this survey is confidential - absolutely secret. We do not want to know your name. Please do not put your name anywhere on the survey. There is no way that anyone can ever find out which survey sheet was yours.

This survey is not a test. There are no right or wrong answers. Please take your time, read each question and answer carefully. Circle your answer choice. If you wish to change an answer, erase carefully. If you used pen, scribble over your mistake. Please answer as honestly as you can because your answers will help us to see what kinds of services for young people may be needed.

Your participation is voluntary. If you don't want to answer a question just leave it blank and go on to the next question. However, we would prefer that you answer all the questions if possible. If you have a question, raise your hand and I will come to your desk, not a teacher. Please, no talking - complete survey by yourself. When you have finished please hand to me.

Thank you for your help.

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If teachers present ask that they remain at the front of the room; not walk around students; not respond to students' questions. Introduce self.

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Thank you for your help.